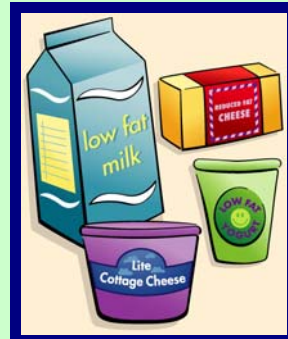


A PARENT'S GUIDE TO HEALTHY EATING AND PHYSICAL ACTIVITY



WITH 30 FUN FAMILY RECIPES

Created by the *Healthy Children Healthy Futures* Child Health Initiative

ACKNOWLEDGEMENTS

Strang Cancer Prevention Center extends its appreciation to the following people who reviewed drafts and provided valuable comments and advice for the development of this Parent Guide.

Edith Ballesteros

Program Coordinator, LA's BEST
Los Angeles, California

Ernest Clayton

Past President, United Parents Association
New York, New York

Alwyn Cohall, MD

Director, Harlem Health Promotion Center
New York, New York

Katherine L. Crappse

Strang Cancer Prevention Center

Tracy Gray

Media Consultant
Marietta, Georgia

Carol Gross

Parent
Atlanta, Georgia

Eric Gurowitz, MS

Educational Consultant
Brooklyn, New York

Lisa Hark, PhD, RD

Director, Nutrition Education & Prevention Program
University of Pennsylvania School of Medicine

Dena Herman, PhD, MPH, RD

UCLA School of Public Health

Kim Jones

Parent Consultant
Brooklyn, New York

Terry M. Marx, MD, MPH

School Health Physician
New York City Department of Education

Kathryn McMurry, RD

Senior Nutrition Advisor
US Department of Health and Human Services
Office of Disease Prevention and Health Promotion

Susan Moesker

Mentoring USA
New York, New York

Betty Rothbart, MSW

New York City Department of Education

Karyl Thomas, MD, MS, FAAP

Physical Activity, Nutrition and Child Health Advisor
US Department of Health and Human Services
Office of Disease Prevention and Health Promotion

Our heartfelt thanks to the many parents in Atlanta, New York City and Los Angeles who gave us insight into the healthy eating and physical activity challenges facing them and their families.

HEALTHY CHILDREN HEALTHY FUTURES CHILD HEALTH INITIATIVE

BJ Carter, MS

Director

Jackie Newgent, RD

Principal Writer

Laura Shea, MPA

Graphic Designer

TABLE OF CONTENTS

4

NUTRITION NOW

8 Habits of Healthy Kids™

Nutrition Basics

Top Nutrition & Fitness Myths & Truths

24

SHOPPING IN THE CITY

Successful Shopping Strategies: Smart Solution Checklist

Kid-Friendly Shopping Trip

31

COOKING TECHNIQUES FOR HEALTHY FAMILIES

Cooking Together

Great Recipes

Fast Family Fixes

Kids Cooking: It's Snack Time

Vegetarian Eating

Go for Whole Grains

Lactose Intolerance

Food Safety Advice: The Basics

74

MENU PLANNING

Meal Planning for a Healthier Body & Healthier Weight

A1-20

APPENDICES

Dear Fellow Parents:

A Parent's Guide to Healthy Eating and Physical Activity is a book I wish I had years ago. I am blessed to have it now – the Guide and the Healthy Children Healthy Futures Program have helped me to teach my 11 year old daughter, Nashaunta, about the importance of being active and eating right. Every parent and child should understand the 8 Habits of Healthy Kids™.

The information in the Guide is about nutrition and exercise, the 8 Habits of Healthy Kids™, and quick and easy recipes for my family to use everyday. I work hard everyday to be a role model to my child. I thank MetLife Foundation and Strang Cancer Prevention Center for this program and the Guide. I know that this Guide will help every parent that reads it to live longer and healthier.

Sincerely,

Carol Gross

Atlanta, Georgia





NUTRITION NOW



Everything you need to eat healthy
and be fit, including the
8 HABITS OF HEALTHY KIDS™

Before diving into the details of the **8 HABITS OF HEALTHY KIDS™**, it's important to know the three keys for healthy eating.

Moderation

Be careful not to eat too much or too little of any food. Enjoy all foods without overdoing it.

Variety

Expand your tastes by eating a wide variety of foods. Experiment with new, healthful foods. Go for a variety of colors, too. For instance, aim for at least 3 different colored foods at each meal. Choose a rainbow of fruits and veggies each day.

Balance

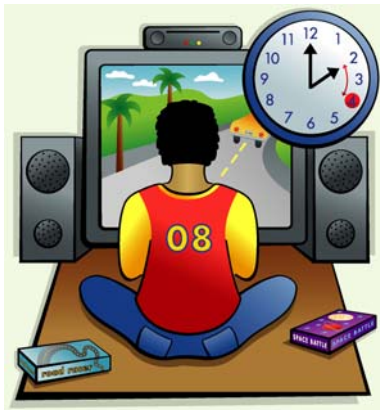
Balance what you eat and the physical activity you do over several days. There's no need to worry about just one meal or one day. For example, if you eat a big lunch, then eat a smaller dinner. Make sure you get exercise everyday. Walking is good for your health.

Here are the **8 HABITS OF HEALTHY KIDS™**
Encourage your kids to do the following:

1. Spend at least 1 hour a day
being physically active.



2. Spend less than 2 hours
a day watching TV and playing
video and
computer games.

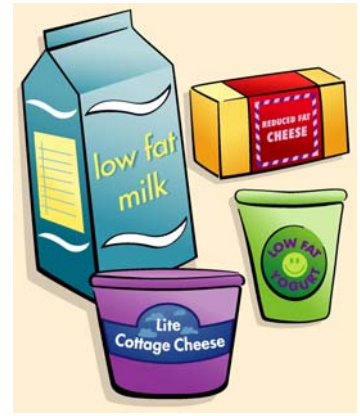


3. Eat at least a
total of 5 fruits and
vegetables a day.



4. Snack on more healthy
foods and less on junk
food and sweets.

5. Drink or eat at least 3 low-fat dairy foods a day.



6. Drink at least 2 glasses/bottles of water a day instead of soda.

7. Eat less fast food (2 or less times per week) and make healthier fast food choices.



8. Eat smaller amounts—bigger is not better.

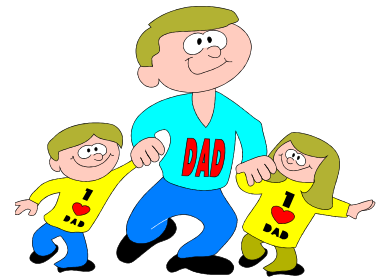
The following tips will help you and your family follow the **8 HABITS OF HEALTHY KIDS™**



1. Spend at least 1 hour a day being physically active

How can I help my child be more active?

- Be a role model. If your children see you physically active and having fun, they're more likely to be active, too.
- Involve the family in physical activities.
- Focus on fun. You can do a lot of walking during trips to the park.



Add interest to exercise.

Find things you can do around the house that count as exercise, like getting up and stretching during TV commercials. Use time with your kids to be active—take them for a bike ride, jump double-dutch, toss a softball, play tag or do jumping jacks. Have fun while being active; it's a winning way to fitness.



You can do it!

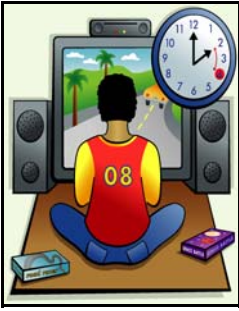
Set goals. Move at your own pace. Reward your successes. Allow for setbacks. Let family and friends help. Your family can do it.

Here are tips for a safe and successful 1-hour-a-day physical activity program

Before Starting an Exercise Program — If you're young and in good health, you usually don't need to see a doctor before beginning an exercise program. But if you're a male over 40 or a female over 50 and have been inactive for several years or have health problems, like diabetes or heart disease, you should consult your physician first. And, no matter what your age, always start an activity program slowly.

- **FOLLOW** a gradual approach to exercise. Start at a slow pace.
- **PLAN** your activities. If you're a morning person, exercise before you start your day.
- **EXERCISE** regularly to gain the most health benefits.
- **CHALLENGE** yourself. Set short-term and long-term goals. Celebrate every success, no matter how small.
- **MAXIMIZE** your safety and comfort. Wear shoes that fit and clothes that move with you. Always exercise in a safe location.
- **VARY** your activities, so you don't get bored.
- **ENCOURAGE** your family to join you. When parents are active, children are more likely to be active.
- **CHOOSE** activities that you enjoy and that fit your personality.

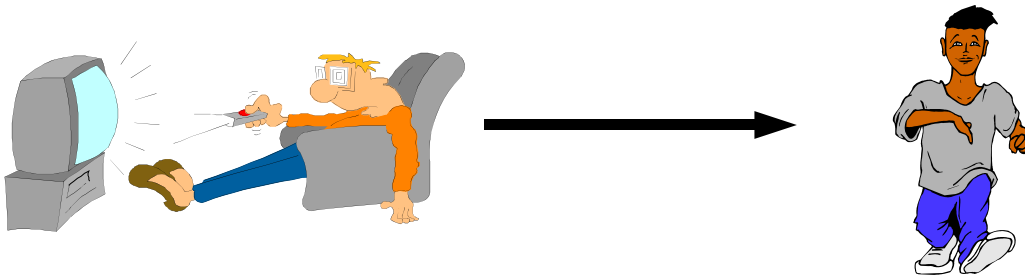




2. Spend less than 2 hours a day watching TV and playing video and computer games

Energize yourself and your family.
Be a role model.

It's easy to get stuck in a rut, allowing your kids (or yourself) to sit in front of the TV or play computer games for hours. But, doing so contributes to weight gain. Spend more time together being active—even just going for walks.



Why Be More Active?

- Better overall health
- More energy
- Reduce stress
- Tone your body
- Feel better about yourself
- Set a good example for your children and your friends



Limit your TV and computer time.

Offer your children active options, like joining a local recreation center or after-school program, or taking lessons in an activity they enjoy.

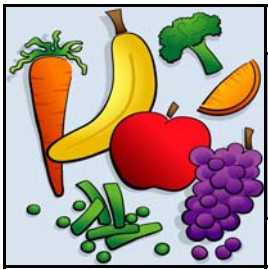


\$ Money-Saving Suggestions \$

Being active doesn't have to be a chore—or costly. Try making these small changes in your daily routine that are free or low-cost:

- Find a local track where you can walk or run.
- Go for a brisk walk in a local park.
- Join your local recreation center/fitness center near work or home.
- Get off the bus or subway one stop early; walk the rest of the way.
- Take the stairs when possible.
- Walk around the house while you talk on a cordless phone.
- Walk your dog; don't just watch.





3. Eat at least a total of 5 fruits and vegetables a day

Get at least 5 total servings of fruits and veggies every day—at least 2 servings from the fruit group and 3 from the vegetable group. Fruits and vegetables provide important vitamins, minerals and fiber.

VEGETABLES



- Choose a rich-colored rainbow of veggies.
- Include dark-green leafy vegetables, like spinach and collard greens, several times a week.
- Go easy on the butter or sauce added to vegetables. Flavor veggies with fresh herbs, like parsley or dill, and a squirt of lemon juice.
- Avoid over-cooking vegetables. When veggies become mushy and lose color vitamins and minerals are lost.

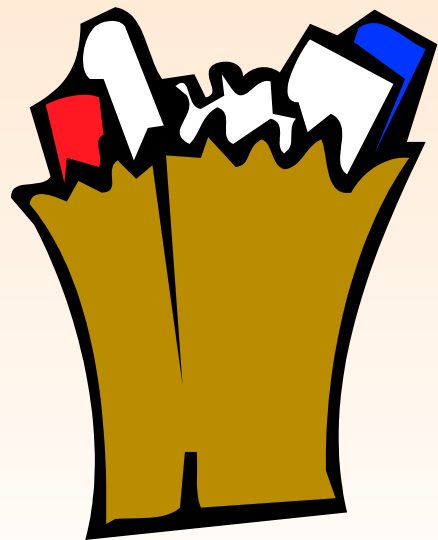
FRUITS



- Choose fresh fruits, 100% fruit juices and frozen, canned or dried fruit. Go easy on fruits canned or frozen in heavy syrups.
- Eat whole fruits most often—they're higher in fiber than fruit juices.
- Punches, 'ades and most fruit drinks contain little juice and lots of added sugars. Only 100% juice counts as fruit.
- Have kids choose a new fruit each month.

\$ Money-Saving Suggestions \$

Choose fresh fruits and vegetables when they're in season, such as turnip and collard greens, cherries, strawberries and peaches in July and tomatoes, kale, apples and watermelon in September. A Farmers' Market or a corner fruit and vegetable market is a good bet for good prices.





4. Snack on healthy foods and less junk food and sweets

The key to smart snacking is choosing nutritious foods to keep you satisfied and energized until your next meal. Keep portions small. Plan ahead so you'll be less likely to eat something that's high in calories, fat or sugar.

LESS HEALTHFUL SNACKS

- Choose cookies, cakes and other sweets only occasionally. Pick lower fat or sugar-free choices when you do have them.
- Avoid adding sugar to cereal, grapefruit or hot beverages.
- Choose fewer sugary foods, like hard candy, candy bars and soda.
- Buy *baked* chips when you want to munch.
- Beware of buttery popcorn, like at the movies; choose air-popped or get it without the butter.
- When eating a high fat or high sugar snack, portion out a small serving rather than eating from the box or bag.



HEALTHFUL SNACKS

- Enjoy nuts and seeds; they're rich in nutrients and heart-healthy fats. But, since they're high in calories, just a handful is a good serving size. *(Note: Nut allergies are common.)*
- Try plain or fruit yogurt sprinkled with low fat granola.
- Fruit with peels (bananas) are tasty, grab-and-go picks.
- Choose raw veggies and dip in low-fat dressing.
- One scoop of low-fat ice cream or a cheese or veggie pizza slice is a healthy snack.



\$ Money-Saving Suggestions \$

- ♦ Instead of snack chips, enjoy a handful of non-sugary cereal as a “munchie.”
- ♦ Stock up on canned, water-packed fruit when it's on sale. Canned food can be stored for over a year.
- ♦ Compare the salad bar price per pound to individual produce prices per pound. Salad bar picks are usually more costly, but not always.



5. Drink or eat at least 3 low-fat dairy foods a day

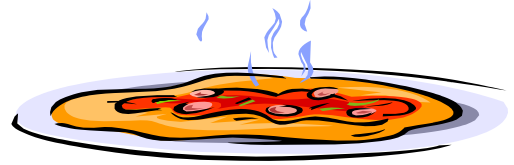


Older children and teenagers (ages 9 to 18 years) and adults over the age of 50 need **3-A-Day—that's 3 servings daily**. Others need 2 servings daily.

- For family members age 2 or older, choose fat-free (skim) milk and nonfat yogurt often. They're lowest in fat. Other good choices: low-fat (1%) milk, fat-free or 1% cottage or ricotta cheese, nonfat milk powder and evaporated fat-free milk.
- 1½ to 2 ounces of cheese and 8 ounces of yogurt count as a dairy serving; they supply the same amount of calcium as 1 cup of milk.
- It's okay to enjoy high-fat cheeses a few times a week. Pick highly flavored choices, like parmesan, sharp cheddar, goat, feta or blue cheese. You'll just need a little for a lot of flavor.
- Include calcium-fortified foods such as fortified cereals, juices and soy products.



- Enjoy one large or two small slices of cheese or veggie pizza for lunch or dinner.



- Choose lactose-reduced products if you don't digest dairy products well. They still provide the same nutrients, including calcium.

- Pick "part skim" or low-fat cheeses and ice milk, low fat ice cream or frozen yogurt.



- Drink chocolate or other flavored low fat milk on occasion to benefit from the calcium it provides.



\$ Money-Saving Suggestions \$

- Choosing highly flavored cheeses, like sharp instead of mild cheddar, means you can use less for the same flavor—saving calories and cents.
- Milk can be frozen for up to 3 months. Buy extra when on sale.



6. Drink at least 2 glasses/bottles of water a day instead of soda



Wonderful Water

Every living thing needs water to live and thrive. It's so important that you can't live for more than a few days without it.

WHAT DOES WATER DO?

Did you know that over half of your body is water? Water is the main ingredient in your blood, which travels through your body carrying nutrients. When you're hot, water helps keep your body cool.



DRINK UP

Along with eating fruits, veggies and other water-filled foods, you need to drink about six to eight cups of water every day. Luckily, it's calorie-free! Choose water over soda or other sugar-filled beverages.



On a regular day, your body loses about eight to 12 small milk cartons full of water just from urinating, having bowel movements, sweating and much more.

Water and Exercise

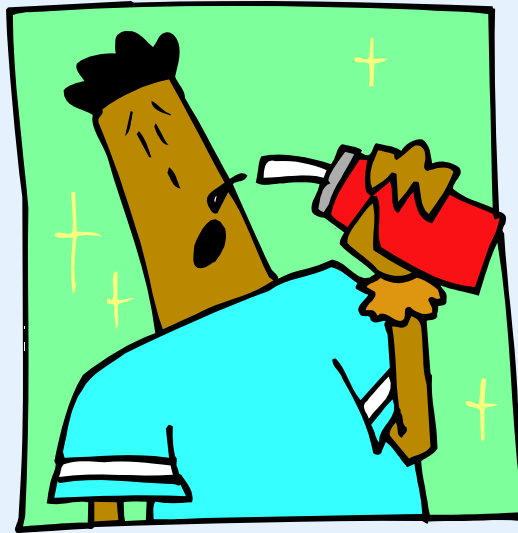
Remember to drink water:

1 - 2 hours before exercising

10-15 minutes before exercising

every 15 minutes during and after exercising

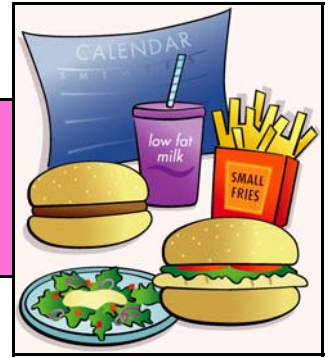
Don't wait until you're thirsty to drink up. Water will help you feel better and boost your energy level, too.



\$ Money-Saving Suggestions \$

- ♦ It's not necessary to drink bottled water. Drink tap water. It's often fluoridated and many bottled waters are not.
- ♦ If you like drinking from a bottle, buy one. Then keep refilling it with tap water.

7. Eat less fast food (2 or less times per week) and make better fast food choices



IN RESTAURANTS, PIZZA, & DELIS

- Choose restaurants that offer healthful menu choices.
- Order gravy, butter, rich sauces and salad dressings “on the side” to control the amount.
- Substitute a salad or baked potato for chips or fries.
- Go for veggie toppings instead of meat or extra cheese pizza. Pick thin crust. And, order it “light on the cheese.”
- Try turkey or chicken breast, lean roast beef or ham.



Rarely choose bologna, salami or pepperoni. Choose part-skim mozzarella, instead of Swiss, cheddar or American cheese.

IN “FAST FOOD” STORES

- Select salads, grilled skinless chicken sandwiches or regular-sized hamburgers. Use light salad dressings. Limit big burgers, sandwiches, fries and regular sodas.

- Stick to no-calorie or “diet” beverages.



- Share favorites, like French fries.
- Say, “Hold the mayo.” “No sauce, please.” Stick to these: barbecue sauce, hot sauce, taco sauce, salsa, vinegar and mustard.
- Salsa, lettuce and tomato all count as veggies. Order extras of these.

On the Menu

- **Look for healthful terms:** steamed, in its own juice, garden fresh, broiled, baked, roasted, poached, dry boiled and lightly sautéed.



- **Watch out for these terms:** butter sauce, fried, crispy, creamed, in cream or cheese sauce, au gratin, au fromage, escalloped, hollandaise, béarnaise, casserole, hash, prime, pot pie and pastry crust.

\$ Money-Saving Suggestions \$

- ♦ Request a side dish, appetizer-size serving or share a dish with someone.
- ♦ If getting pizza delivery or carryout, enjoy it with favorite toppings from home.
- ♦ Since the cost of beverages are boosted at restaurants, stick with tap water.

8. Eat smaller amounts—bigger is not better



It's a good idea to understand what proper portions really are—and the size that's best for you.

A SERVING SIZE GUIDE

- Your fist or cupped hand = 1 cup
- Your thumb or a pair of dice = 1 ounce of cheese
- Your thumb tip = 1 teaspoon
- A handful = 1-2 ounces of snack food
- Your palm, cassette tape or deck of cards = 3 ounces of meat

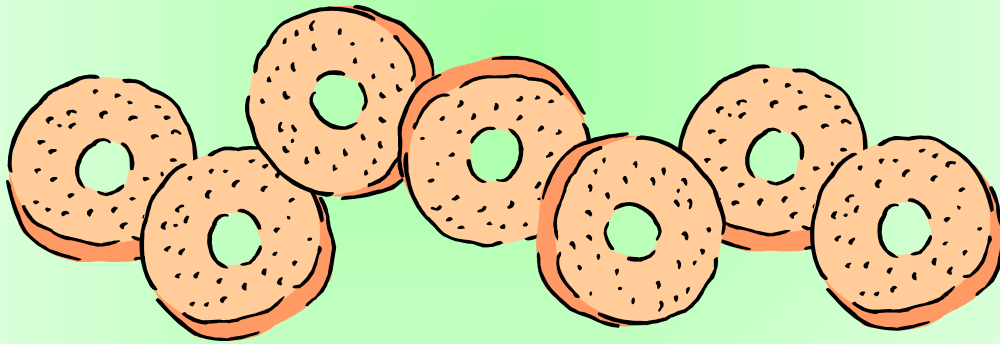


- A quarter = 2 ounces dry spaghetti
- CD case = 1 ounce bread
- Ice cream scoop or $\frac{1}{2}$ baseball = $\frac{1}{2}$ cup cooked rice or pasta or mashed potatoes
- A tennis ball = 1 serving of fruit
- A ping pong ball = 2 tablespoons peanut butter
- $1\frac{1}{2}$ golf balls = 1 ounce peanuts



Tips for serving sizes

- Beware of portions that look like single servings, but are several servings in one. For instance, bagels at bakeries or bagel shops may be 5 ounces. That's FIVE servings, not just ONE — and nearly all the bread you need in a day.



- It isn't necessary to eat everything on your plate. Eat slowly and only what you need to satisfy your hunger.

\$ Money-Saving Suggestions \$

- ♦ When making casseroles or one-pot meals, portion out what you need, then immediately refrigerate or freeze the rest for another meal, rather than continuing to pick on the food just because it's there.
- ♦ Use smaller plates—luncheon-size instead of dinner-size. Smaller portions will look larger, so you'll be satisfied on less food.

SHOPPING *IN THE CITY*



Tools, lists and strategies you need for
SUCCESSFUL, HEALTHFUL FOOD SHOPPING

SUCCESSFUL SHOPPING STRATEGIES

SMART SOLUTION CHECKLIST

Use this checklist to make the most of your experience.

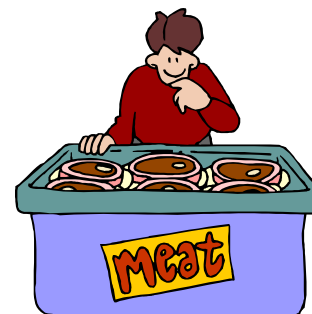
PLAN AHEAD

- Try to list out balanced meal ideas for the week, keeping in mind the days you'll have time to cook from scratch and days you'll be pressed for time.
- When time is short, opt for nutritious convenience items. For instance, couple frozen entrées with ready-to-eat produce.
- If you plan pizza one night, shop for salad, low fat milk and fruit to balance it out.
- Make a grocery list and stick to it.



KNOW TRICKS OF THE TRADE

- Look for "round" or "loin" for leaner meat cuts.
- Look for "whole grain" when choosing breads and pastas.



GET PICKY WITH PRODUCE

- The salad bar is convenient, but items on it are typically costly.
- Purchase in-season produce.



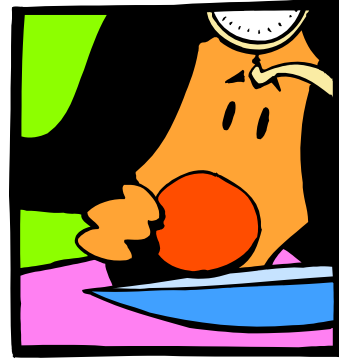
- Buy only the produce you can use in 3-4 days. The nutritional value and quality decline beyond that time.
- Purchase canned and frozen fruits and veggies, too—they'll last longer.
- Use local farmers markets when possible; the foods are fresher.

DON'T SHOP HUNGRY

- You'll be able to stick to your list better on a full stomach.

BE A FOOD INSPECTOR

- Examine your items.
- Make sure they're free of cracks or dents.
- Check expiration or sell-by dates.



READ THE LABELS

- Identify the content of key nutrients, such as saturated fat (choose less), fiber (choose more) and calories.
- Ingredients on the label are listed in decreasing order by weight.

SAVE MONEY

- Clip coupons or find stores that price match.
- Review store ads before shopping; check for reward offers while shopping.
- Stock up on sale items in amounts you can use in a timely manner.
- Shop up and down, since costly items are often placed at your eye level. Store brands are often (but not always) cheaper than popular brands.
- Buy in bulk, when it's quality and value.
- For the best value, compare unit-prices.



TOP NUTRITION & FITNESS MYTHS & TRUTHS

*Test your know-how.
Sit with your family and answer the following:*



1. Drinking fruit juice is the same as eating fruit. Truth or Myth
2. There's no way to spot-reduce or lose fat in a specific body part. Truth or Myth
3. Taking a vitamin-mineral supplement does not make up for a poor diet. Truth or Myth
4. Eating late at night causes weight gain. Truth or Myth
5. Bread, rice and pasta are fattening. Truth or Myth
6. Healthy food such as fruits and vegetables are expensive to buy. Truth or Myth

HOW DID YOU AND YOUR FAMILY DO? CHECK OUT THE TRUTH ON THE NEXT PAGE.

TOP NUTRITION & FITNESS MYTHS & TRUTHS

THE ANSWERS REVEALED

1. Myth: Drinking fruit juice is the same as eating fruit.

Though you'll get about the same nutrients from fruit or its juice, you won't get nearly the same amount of fiber in the juice. So, choose the whole fruit most often to boost fiber in your diet.

2. Truth: There's no way to spot-reduce or lose fat in a specific body part.

There's no way to lose fat from a specific body part, like your stomach or thighs, by exercising that certain body part. When you exercise regularly and eat right you'll lose body fat from all over your body.

3. Truth: Taking a vitamin-mineral supplement does not make up for a poor diet.

There's no substitute for eating food. A vitamin-mineral supplement can help you meet basic nutritional needs, but it's not a replacement for good nutrition.

4. Myth: Eating late at night causes weight gain.

If you're eating more calories than your body needs at a late hour, you'll likely gain weight. But, if those late-night calories are needed, they won't cause weight gain. For instance, if you exercise in the evening, you'll want more of your calories then.

5. Myth: Bread, rice and pasta are fattening.

No single food is fattening. Weight gain is caused by too many calories, period. Eating whole-grain and enriched bread, rice and pasta is part of a healthful eating plan. Do beware of portion sizes.

6. Myth: Healthy food such as fruits and vegetables are expensive to buy.

Pound for pound, fruits and vegetables are less expensive than processed foods. Plus, other healthful choices, like dried beans, are just nickels per serving.

KID-FRIENDLY SHOPPING TRIP

Have kids with you? Whether a lickety-split or lengthy one, an enjoyable grocery shopping experience with children is possible.

TRY THESE KID-FRIENDLY SHOPPING TIPS:

Before your store trip, talk to your kids about the healthy foods that you plan to buy.

WITH KIDS UNDER 10

- Let your kids locate a new, nutritious food. Do this each time you go shopping—or at least once a month.
- When you're in the produce section, let kids do the picking. Have them choose a rainbow of fruits and veggies—red, orange, yellow and more. When kids get to choose, they're more likely to eat their produce picks.
- Play “I Spy” for the food items you intend to buy. Start giving kids clues (“I spy something ...”) to help them find the food. This helps kids feel they have a role in the family's food choices.
- Decide on the number of healthy foods your child needs to select before picking a less nutritious item.



WITH KIDS 10 AND OLDER



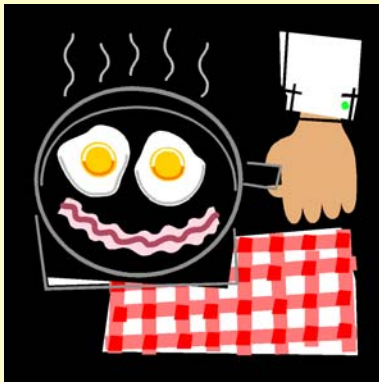
- Put your kids in charge of sticking to the shopping list—whether five items or 50. Have them cross foods off listed items as you toss them in the basket. Put kids in charge of coupons.

- Using a small calculator, have kids do some math. Have them compare unit-prices on two items to determine the best buy. Or, have them add up the prices as you stay within a budget.



- Have kids look at the food labels to compare how much sugar is in one item versus another. Or, in the cereal aisle, have them find a ready-to-eat cereal for the family that has 5 grams of fiber or more in it.

COOKING TECHNIQUES FOR HEALTHY FAMILIES



Healthful, flavorful cooking tips
for adults and children, including
30 FAMILY-PLEASING RECIPES

GREAT RECIPES

City parents provided some delicious, flavorful recipes, many of them handed down from past generations. Changes were made to boost their nutritional value.

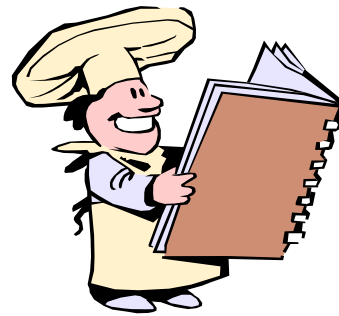


To help you and your family cook and eat healthier, here are 30 easy, delicious recipes. These recipes are also easy to prepare with your children.

The original recipes are from families who live in the Atlanta, Los Angeles and New York City areas—they're culturally diverse and city-friendly. The “make-over” was completed by a staff of nutritionists to make them more healthy. They are simple to fix—and some are fast to fix, too.

There are recipes for:

Breakfast
Lunch
Dinner
Appetizers/Sides
Snacks/Desserts



MORE COOKING INFORMATION

If you don't have an ingredient called for in a recipe, see “Substitutions For Commonly Used Foods” in Appendix A15.

To help your children understand the cooking terms used in the recipes, see “Glossary of Cooking Terms” in Appendix A16.

Happy (and healthy) cooking!

The following recipes were contributed by families from Atlanta, New York City and Los Angeles



BREAKFAST TIME

FRUITY GRANOLA YOGURT PARFAIT

Original recipe by Margaret L. Thompson (Atlanta)

Makes 1 serving (1 $\frac{3}{4}$ cups)

Ingredients:

- ♦ $\frac{1}{2}$ cup low-fat granola
- ♦ $\frac{3}{4}$ cup (6-oz. container) low-fat vanilla or plain yogurt
- ♦ $\frac{1}{2}$ cup fresh blueberries, raspberries or sliced strawberries or bananas
(use frozen fruit if fresh isn't available)

How to make:

Adults: Measure out all ingredients to be used. Provide stemware or clear drinking glass or bowl.

Kids: Layer ingredients any which way you want in a glass, such as half of granola, yogurt and fruit, then repeat. Eat with a long spoon.

This picture-perfect parfait recipe is easily doubled, tripled or more.
It can be served for breakfast—or anytime.

HEALTHY RECIPE MAKEOVER HOW-TO:



Low-fat granola is used to make the parfaits heartier and healthier.
Fresh fruit is used as the pick of choice.

Did you know?

Commercially available granola is often toasted with oil and honey, making it high in calories. So, it's important to choose low-fat granola, when available.

Nutrition information per serving:

410 Calories, 76 g Carbohydrates, 15 g Protein, 6 g Total fat, 2.5 g Saturated fat, 10 mg Cholesterol, 5 g Dietary Fiber, 180 mg Sodium, 25% Vitamin A, 20% Vitamin C, 35% Calcium, 10% Iron

CINNAMON-SPRINKLED FRENCH TOAST

Original recipe by Cecilia Martinez (Los Angeles)

Makes 2 servings (1 slice)

Ingredients:

- ◆ 2 large eggs
- ◆ 2 Tbsp. fat-free milk
- ◆ ½ tsp. ground cinnamon, or to taste
- ◆ 2 slices whole wheat bread
- ◆ 1 tsp. butter or margarine
- ◆ 4 tsp. light pancake syrup

How to make:

Kids: Crack 2 eggs into flat-bottomed bowl. Thoroughly whisk in milk and cinnamon. Dip bread slices, one at a time, into egg mixture in bowl, wetting both sides. Re-dip, if necessary, until all the egg mixture is absorbed into the bread.

Adults: Meanwhile, heat large, non-stick skillet over medium heat. Add butter. Place dipped bread slices in skillet. Cook for 2 ½ to 3 minutes per side, or until both sides are golden brown.

Kids: Drizzle each with syrup. Serve while warm.

Try this toast with a tall glass of fat-free milk. It's a tasty way to start your day!

HEALTHY RECIPE MAKEOVER HOW-TO:

Whole wheat bread is used instead of white. Fat free milk is used instead of a higher fat version.



And, other than in cooking, no additional butter is needed on top of this flavorful French Toast. Finally, low-calorie pancake syrup is used since it has less sugar and calories than the regular type.

Did you know?

Cinnamon is a sweet spice that comes from a tropical evergreen tree. Start with ½ teaspoon cinnamon in this recipe. If you're a fan of this unique spice, go for 1 teaspoon the next time.

Nutrition Info per serving:

190 Calories, 19 g Carbohydrates, 10 g Protein, 8 g Total fat, 3 g Saturated fat, 215 mg Cholesterol, 2 g Dietary Fiber, 250 mg Sodium, 8 % Vitamin A, 0 % Vitamin C, 8 % Calcium, 10 % Iron

HUEVOS CON TURKEY SAUSAGE

Original recipe by Marybell Castillo (Los Angeles)

Makes 4 servings (1 topped tortilla)

Ingredients:

- ◆ 2 tsp. vegetable oil
- ◆ 1 small (or ½ large) white onion, chopped
- ◆ 1 large tomato, chopped
- ◆ ½ lb turkey sausage (preferably hot Italian), squeezed from the skin
- ◆ 4 large eggs
- ◆ ¼ tsp. salt, or to taste
- ◆ 4 small (6-inch) corn or flour tortillas, warm
- ◆ 1 Tbsp. chopped fresh cilantro or parsley (optional)

How to make:

Adults: Heat oil in large skillet over medium-high heat. Add onion and tomato. Sauté while stirring for 1 minute.

Kids: Toss in the turkey sausage. Stir frequently for 10 minutes while breaking apart sausage as you stir.

Kids and Adults: Add eggs and stir (scramble) for 1 additional minute, or until eggs are fully cooked. Sprinkle with salt.

Kids: Serve about 2/3-cup scoop of the Huevos con Turkey Sausage on top each corn tortilla.

Originally called Huevos con Chorizo, you'll be pleasantly surprised by this Americanized version!

HEALTHY RECIPE MAKEOVER HOW-TO:



Instead of chorizo, turkey sausage is used. More tomato is added. And, the salt is halved.

Did you know?

Eating involves all of the senses. You eat with your eyes, not just your mouth! So, make this dish even more succulent to your sight. Garnish it with chopped fresh cilantro or parsley.

Nutrition Info per serving:

280 Calories, 19 g Carbohydrates, 17 g Protein, 15 g Total fat, 4 g Saturated fat, 260 mg Cholesterol, 2 g Dietary Fiber, 590 mg Sodium, 15 % Vitamin A, 15 % Vitamin C, 6 % Calcium, 10 % Iron

ZUCCHINI BREAKFAST BREAD

Original recipe by Karina Jaurgui (Los Angeles)

Makes 14 servings (1 slice)

Ingredients:

- ◆ 3 large eggs, beaten
- ◆ 1¾ cups sugar
- ◆ ½ cup vegetable oil
- ◆ ½ cup cinnamon applesauce
- ◆ 1 Tbsp. vanilla extract
- ◆ 2 cups shredded or grated zucchini
- ◆ 3 cups self-rising flour
- ◆ ½ cup chopped walnuts or pecans

How to make:

Adults: Preheat the oven to 350°F.

Kids: Spray a non-stick 9-inch long x 5-inch wide loaf pan with cooking spray.

Adults: In a large bowl, whisk together the beaten eggs, sugar, oil, applesauce and vanilla.

Kids: Dump in the zucchini. Stir with a large spoon. Sprinkle in flour. Stir well.

Kids and Adults: Pour batter in the loaf pan. Sprinkle nuts over the batter. Bake for 1 hour, or until a toothpick comes out clean. Cool for 15 minutes on a cooling rack.

Adults: Loosen bread from the sides and remove the bread to cool completely on the rack. Once cool, slice and serve. (Hint: The bread slices even better when partially frozen.) Store individually wrapped leftovers in the freezer.

This bread is a tasty way to start your day. Just grab a slice from the freezer and go.
Best of all ... it's so delectably delicious you'll think it's dessert.

HEALTHY RECIPE MAKEOVER HOW-TO:



Half of the oil is replaced by applesauce. Since the applesauce is naturally sweet, less sugar is used, too. Nuts are halved and then added on top of the bread, because when oven-browned they taste doubly nutty.

Did you know?

If you don't have 3 cups of self-rising flour, you can use 3 cups all-purpose flour + 4 teaspoons baking powder + ¼ tsp. salt.

Nutrition Info per serving:

320 Calories, 48 g Carbohydrates, 5 g Protein, 12 g Total fat, 2 g Saturated fat, 45 mg Cholesterol, 1 g Dietary Fiber, 360 mg Sodium, 2% Vitamin A, 4% Vitamin C, 10% Calcium, 10% Iron

LUNCH TIME

ALOHA! TUNA SALAD

Makes 4 servings (½ cup)

Original recipe by Margaret L. Thompson (Atlanta)

Ingredients:

- ◆ 1 (6-oz) can light tuna, packed in water
- ◆ 1 (4-oz) can crushed pineapple (or ½ of 8-oz. can)
- ◆ 1 scallion, use both white and green parts
- ◆ 1 small stalk celery (⅓ cup chopped)
- ◆ ⅓ cup walnut halves
- ◆ ⅓ cup low-fat or light mayonnaise
- ◆ 1 tsp. lemon juice
- ◆ 4 bibb or iceberg lettuce leaves

How to make:

Adults: Drain and flake tuna. Drain the pineapple. Dump into a mixing bowl. Finely chop scallion, celery and walnuts—or pulse them until finely chopped in a food processor.

Kids: Using a dry measuring cup, measure mayonnaise and plop into bowl. Toss chopped scallion, celery and walnuts into bowl. Drizzle in lemon juice from a measuring spoon. With a large spoon, stir all tuna mixture ingredients together. Once combined, chill, covered, in the refrigerator for at least 30 minutes so flavors can combine.

Kids or Adults: Scoop tuna onto four lettuce leaves and enjoy. You can also serve with little wheat crackers for a party or stuffed in pita halves for lunch.

Not just your ordinary tuna salad.
This has a surprising and scrumptious addition of crushed pineapple.
It'll make you want to luau.

HEALTHY RECIPE MAKEOVER HOW-TO:



This made-over version uses lower fat mayonnaise. For added color and flavor, chopped scallions are mixed in. It's even tastier this reduced-fat way!

Did you know?

You can use plain fat-free yogurt in place of the mayonnaise in this recipe. It'll up the calcium, too. For an extra-thick yogurt, drain it overnight in the refrigerator in a white paper towel— or cheesecloth-lined strainer with a bowl underneath to catch liquids.

Nutrition Info per serving:

160 Calories, 12 g Carbohydrates, 12 g Protein, 7 g Total fat, 0.5 g Saturated fat, 10 mg Cholesterol, 1 g Dietary Fiber, 340 mg Sodium, 2% Vitamin A, 10% Vitamin C, 2% Calcium, 6% Iron

HOME-STYLE POTATO SALAD

Original recipe by Maria Cuevas (Los Angeles)

Makes 6 servings (1 cup)

Ingredients:

- ◆ 5 large, boiled potatoes (preferably red-skinned), chopped into large, bite-size pieces
- ◆ 3 boiled eggs, peeled, chopped
- ◆ 2 (8-inch) stalks celery, finely chopped
- ◆ 1 scallion, use both white and green parts, minced
- ◆ $\frac{1}{4}$ cup mayonnaise
- ◆ 2 Tbsp. sweet relish
- ◆ 1 tsp. salt, or to taste

How to make:

Adults: Pre-prepare the potatoes, eggs, celery and scallions. (Hint: This recipe works best if the boiled potatoes and eggs are chilled.)

Kids: In a large bowl, stir together potatoes, eggs, celery and scallion. Add mayonnaise, relish and salt. Mix well.

You'll simply love this skin-on potato salad recipe. It's perfect for picnics or barbecues—or a lunch side any time.

HEALTHY RECIPE MAKEOVER HOW-TO:



Salt is halved. Mayonnaise is reduced from $\frac{1}{3}$ cup to $\frac{1}{4}$ cup. And sweet pickle relish is used instead of olives as an extra dressing and for added zing with every bite.

Did you know?

You can boil the potatoes and eggs in advance and refrigerate for up to three days. So, do it when you have extra time, to make this a super speedy recipe at preparation time!

Nutrition Info per serving:

210 Calories, 26 g Carbohydrates, 5 g Protein, 10 g Total fat, 2 g Saturated fat, 115 mg Cholesterol, 2 g Dietary Fiber, 530 mg Sodium, 4 % Vitamin A, 30 % Vitamin C, 2 % Calcium, 4 % Iron

SWIFT & SIMPLE PASTA SALAD

Original recipe by Lisa Wells (Atlanta)

Makes 8 side-dish servings (1½ cups)

Ingredients:

- ◆ 1½ cups broccoli pieces (1 small head of broccoli)
- ◆ 1 cup shredded carrots (3 medium carrots)
- ◆ 1 small or ½ large red onion, chopped (1 cup)
- ◆ 2 scallions, use both white and green parts, chopped (¼ cup)
- ◆ 1 small zucchini or yellow squash, chopped (1 cup)
- ◆ 1 lb. box rotini, bow ties or other shaped pasta
- ◆ 1 (8 oz) bottle (1 cup) light Italian dressing
- ◆ 8 oz. cubed or sliced lean baked ham (1 cup) (optional)
- ◆ 2 cups finely shredded low-fat or part-skim mozzarella cheese (optional)

How to make:

Kids: Prepare all the vegetables, if not already chopped.

Adults: Prepare pasta according to the package directions. Drain, rinse under cold water and drain again.

Kids: In large bowl, stir together the veggies and pasta. Dribble on all the dressing and stir well. If using, heave in the sliced ham and/or cheese and stir again.

Cover and chill at least 2 hours prior to serving—or overnight. Enjoy!

A super side. You can double the serving and savor it as a marvelous main meal, too.

HEALTHY RECIPE MAKEOVER HOW-TO:



This pasta salad uses light Italian dressing instead of the full-fat variety. And, for more balanced nutrition, lean ham is suggested as an option to perk up the protein.

Did you know?

If you use whole wheat instead of regular pasta in this recipe, it'll be higher in fiber; if you add the ham, it'll be higher in iron; if you add the cheese, it'll be higher in calcium.

Nutrition Info per serving:

260 Calories, 44 g Carbohydrates, 8 g Protein, 5 g Total fat, 0.5 g Saturated fat, 0 mg Cholesterol, 4 g Dietary Fiber, 240 mg Sodium, 80% Vitamin A, 30% Vitamin C, 4% Calcium, 15% Iron

TOASTER TOMATO-N-CHEESE MUFFINWICH

Makes 1 serving

Original recipe by Minerva Quinones-Novoa (New York)

Ingredients:

- ♦ 1 thick-slice off of a large tomato
- ♦ 2 tsp. minced fresh chives or green onions
- ♦ 1 whole wheat or oat bran English muffin, sliced into halves
- ♦ 2 (1-oz.) slices part-skim mozzarella cheese or reduced-fat cheese of choice
- ♦ Pinch of black pepper, or to taste

How to make:

Adults: Pre-prep the tomato and chives or green onions.

Kids: Toast the English muffin halves to desired brownness. In between the toasted halves, place tomato slice, cheese and chives or green onions. Season with pepper.

If you want the “muffinwich” warm or prefer melted cheese, zap in microwave on microwave-safe plate for 20 seconds at high-power.

Good for breakfast, lunch, or dinner!

HEALTHY RECIPE MAKEOVER HOW-TO:



A whole wheat or oat bran English muffin is used to punch up the fiber. Instead of preparing open-face-style, it's now prepared sandwich-style to make it easier to pack-up for lunch.

Did you know?

Chives are onion-like herbs. They can be refrigerated in a plastic bag for a week. If you have a pair of kitchen scissors, you can quickly chop chives with them instead of mincing with a knife on a cutting board.

Nutrition Info per serving:

220 Calories, 29 g Carbohydrates, 14 g Protein, 6 g Total fat, 3.5 g Saturated fat, 15 mg Cholesterol, 5 g Dietary Fiber, 570 mg Sodium, 8% Vitamin A, 8% Vitamin C, 40% Calcium, 10% Iron

VEGGIE BURGER IN A PITA

Makes 1 serving

Original recipe by Minerva Quinones-Novoa (New York)

Ingredients:

- ◆ 1 vegetarian burger (refrigerated or frozen)
- ◆ ½ of 6" round whole wheat or onion pita bread
- ◆ ½ cup shredded Romaine lettuce or fresh spinach
- ◆ 2 Tbsp. salsa
- ◆ 1-2 tsp. light or reduced-fat mayonnaise (optional)

How to make:

Adults: Prepare the vegetarian burger according to package directions. Slice in half.

Kids: Stuff a pita half with the burger halves, Romaine lettuce or spinach and top with salsa. Add mayonnaise, if desired.

This burger tastes great—and there's no grease.

HEALTHY RECIPE MAKEOVER HOW-TO:



Whole wheat or onion pita bread is used instead of white. Also, Romaine lettuce or spinach is used as a more nutrient-rich choice in place of iceberg lettuce.

Did you know?

You can use additional or leftover Romaine or spinach for a healthy side salad. Just add veggies and a light or reduced-fat salad dressing.

Nutrition Info per serving:

270 Calories, 25 g Carbohydrates, 20 g Protein, 10 g Total fat, 1 g Saturated fat, 0 mg Cholesterol, 5 g Dietary Fiber, 680 mg Sodium, 15% Vitamin A, 15% Vitamin C, 4% Calcium, 15% Iron

SUPPER TIME

CHICK-N-RICE-N-NICE (ARROZ CON POLLO)

Makes 6 servings

Original recipe by Maria Oliveraz (New York)

Ingredients:

- ◆ 2 lbs. boneless, skinless chicken breasts, cut into 6 portions
- ◆ 1 lb. instant (10 minute) brown rice, rinsed
- ◆ 1 (15 fl. oz.) can tomato sauce
- ◆ 1 ½ Tbsp. fresh lime juice (about 1 lime)
- ◆ 2 tsp. olive oil
- ◆ 1 tsp. dried oregano
- ◆ 1 cup water
- ◆ ½ tsp. salt, or to taste
- ◆ ½ tsp. pepper, or to taste
- ◆ 1 (16 oz.) box or bag frozen peas, thawed
- ◆ 2 Tbsp. chopped fresh cilantro (or parsley)

How to make:

Kids: Place the chicken, brown rice, tomato sauce, lime juice, oil and oregano in one pot. Add the water. Sprinkle with salt and pepper.

Adults: Place pot over medium high heat. Bring to a boil, then cover. Reduce heat to low. Simmer for 20 minutes, stirring occasionally, and adding extra water if necessary.

Kids and Adults: Stir in the peas and cilantro. Let cook, covered, 5-10 additional minutes, or until rice is tender. Serve. (Hint: You can reheat the leftovers...just drizzle with water to moisten, or squirt extra lime juice. Cover loosely, and microwave until hot.)

This one-pot meal is simple, low-fat, and full of flavor.
This tastes just as good reheated as leftovers, too.

HEALTHY RECIPE MAKEOVER HOW-TO:



Brown rice is used to boost fiber and plenty of peas are plopped in at the end of the cooking process.

Did you know?

It's OK to choose the instant brown rice. You still get all the whole-grain benefits of regular brown rice, including fiber, but in much less time!

Nutrition Info per serving:

530 Calories, 72 g Carbohydrates, 41 g Protein, 8 g Total fat, 1 g Saturated fat, 85 mg Cholesterol, 7 g Dietary Fiber, 790 mg Sodium, 25% Vitamin A, 25% Vitamin C, 4% Calcium, 15% Iron

CURRY CHICKEN IN A POT

Makes 6 servings (1 chicken breast and ½ cup vegetables)

Original recipe by Dionne Taylor (Atlanta)

Ingredients:

- ◆ 6 chicken breast halves, with bones (approx. 5 lb package)
- ◆ 2 Tbsp. curry powder
- ◆ 1½ Tbsp. seasoning salt
- ◆ 1 Tbsp. garlic powder
- ◆ 1 medium yellow onion
- ◆ 1 pint cherry or grape tomatoes
- ◆ 4 cups water

How to make:

Adults: Rinse chicken and remove skin; leave in bone. Cover chicken with curry powder, seasoning salt and garlic powder. Marinate in large, covered pot for several hours in the refrigerator. (Do this in the morning when serving for dinner.)

Adults: Slice the onion by cutting lengthwise then slicing into half-moons.

Kids: In that chicken pot, add the sliced onion, cherry tomatoes and 4 cups water, or until chicken and veggies are just covered with water.

Adults: Cover and bring to a boil over high heat. Reduce heat to medium-high and boil for 5 minutes.

Adults: After the 5 minutes are up, carefully remove cover. Reduce heat to medium and cook 10-12 minutes, or until tender. Serve while hot.

Try this Indian-inspired meal for flavor appeal. It's like a stew.
And stewing is a low-fat cooking method, too.

HEALTHY RECIPE MAKEOVER HOW-TO:



This healthier version uses only white meat chicken. And, to boost flavor and fun, cherry tomatoes are plopped in the pot.

Did you know?

This curry dish is nice served alongside rice. Though steamed brown rice has the most fiber, basmati rice is the most fragrant and tastes best with this richly-flavored dish.

Nutrition Info per serving:

260 Calories, 7 g Carbohydrates, 49 g Protein, 3 g Total fat, 1 g Saturated fat, 120 mg Cholesterol, 2 g Dietary Fiber, 830 mg Sodium, 10% Vitamin A, 25% Vitamin C, 6% Calcium, 15% Iron

ONE-POT GREEN CHICKEN

Original recipe by Ana Placeras (New York)

Makes 6 servings (1 ½ cups)

Ingredients:

- ◆ 1 lb. boneless, skinless chicken breast
- ◆ 1 Tbsp. olive oil
- ◆ 2 cups instant (10-minute) brown rice
- ◆ 2 (14 fl. oz.) cans low sodium chicken broth
- ◆ Juice of 1 lemon
- ◆ 2 Tbsp. Spanish sofrito
- ◆ 10 oz. package baby spinach or chopped fresh spinach
- ◆ ½ tsp. garlic salt, or to taste

How to make:

Adults: Cut chicken into bite-size pieces. Place large pot over medium-high heat. Drizzle in oil. Once hot, toss in chicken pieces. Stir till lightly browned.

Kids: While parents continue stirring, pour in the brown rice. After 1 minute, carefully pour in the broth, lemon juice and sofrito.

Adults: Bring the rice mixture to a boil and cover. Reduce heat to low. Simmer for 8 minutes, or until rice is just cooked. Remove lid.

Kids: Stir in the spinach.

Adults and Kids: Season with garlic salt. Serve.

The tangy lemon and earthy spinach pack this poultry dish with fresh flavors.

HEALTHY RECIPE MAKEOVER HOW-TO:



White rice is switched to brown to boost fiber, while very little oil is used. Fresh lemon juice is added to balance flavors and kick up the vitamin C.

Did you know?

Sofrito is a thick Spanish sauce made from sautéed pork and pork fat, annatto seeds, onions, garlic, green peppers, pork and herbs. There's an Italian version called soffritto. Both can be found in the ethnic foods section of a supermarket.

Nutrition Info per serving:

380 Calories, 51 g Carbohydrates, 28 g Protein, 7 g Total fat, 1.5 g Saturated fat, 80 mg Cholesterol, 3 g Dietary Fiber, 310 mg Sodium, 2% Vitamin A, 10% Vitamin C, 4% Calcium, 15% Iron

OVEN-CRISPED CHILE RELLENOS WITH FRESH SALSA

Original recipe by Yvonne Garcia (Los Angeles)

Makes 8 servings (2 chiles)

Ingredients:

- ◆ 16 poblano chiles (or Anaheims or Big Jims) (The wider they are, the easier to stuff.)
- ◆ 1 (15 oz.) can black beans, rinsed and drained
- ◆ 8 oz. grated Monterey jack cheese (2 cups)
- ◆ 4 oz. crumbled feta cheese
- ◆ 2 Tbsp. chopped fresh cilantro (or fresh herb mixture)
- ◆ ½ cup all-purpose flour
- ◆ ½ cup seasoned breadcrumbs
- ◆ 3 large eggs, beaten

Fresh Salsa:

- ◆ 2 large tomatoes, seeds removed, chopped
- ◆ ¼ cup finely chopped white onion (about ½ medium onion)
- ◆ 2 Tbsp. chopped fresh cilantro (or fresh herb mixture), to taste
- ◆ ¼ tsp. salt, to taste

How to make:

Adults: Oven-roast the chiles. After roasted, peel them, starting at blossom end while keeping the chiles whole. Cut off tops and remove seeds and ribs.

Adults: Preheat oven to 400°F.

Kids: In medium-size bowl, stir together the beans, cheeses and cilantro. Stuff each chile with about ½ cup of that mixture. Arrange flour & breadcrumbs on separate plates, and the eggs in a bowl. Coat each chile by rolling in the flour, then in the eggs, then in the breadcrumbs.

Adults: On a nonstick baking pan, place each coated chile. Spray each with cooking spray. Bake 20 minutes, or until coating is crisp and browned.

Kids and Adults: Prepare the fresh salsa while the chiles are baking—or ahead of time. Mix all ingredients together in small bowl. Serve each chile with fresh salsa.

Timesaving tip: Roast and peel the chiles in the morning; pat dry, cover and chill.

The prepared rellenos will be crisp out of the oven and ooze with cheese.
Your kitchen will smell amazing all day! Leftovers can be easily oven re-heated, too.

HEALTHY RECIPE MAKEOVER HOW-TO:



The cheese is reduced, but flavorful cheeses are used. Beans are added to boost fiber and make a “filling” filling. And, the chiles are now baked instead of fried.

Nutrition Info per serving:

310 Calories, 31 g Carbohydrates, 17 g Protein,
14 g Total fat, 8 g Saturated fat, 115 mg Cholesterol,
6 g Dietary Fiber, 830 mg Sodium, 35% Vitamin A,
240% Vitamin C, 35% Calcium, 15% Iron

Did you know?

To roast chiles, broil them on broiler pan rack, 2 inches under preheated broiler. Turn them every 5 minutes. Broil 20 minutes total or until skins are blistered and charred. Place peppers in a covered bowl for 10 minutes, or until cool enough to handle.

PERKY PICADILLO

Original recipe by Herminia Hernandez (Los Angeles)

Makes 6 servings (¾ cup)

Ingredients:

- ◆ 1 Tbsp. vegetable oil
- ◆ 1 large yellow onion, chopped
- ◆ 1 large or 2 small green peppers, chopped
- ◆ ¾ lb. lean ground round or sirloin (95% lean)
- ◆ ½ lb. ground pork
- ◆ 1 (3.5 oz.) jar capers (½ cup)
- ◆ 1 tsp. garlic salt, or to taste
- ◆ ¼ tsp. black pepper, or to taste
- ◆ ½ cup tomato sauce
- ◆ ¼ cup white grape juice or apple juice

How to make:

Adults: Pre-prep all ingredients that need to be chopped.

Adults and Kids: In a large, nonstick skillet, heat the oil over medium-high heat. Sauté the chopped onion and pepper. Add meats and cook for a few minutes while stirring. Add all the remaining ingredients. Reduce heat to medium-low. Let it simmer, uncovered, for 15 minutes while stirring occasionally.

Kids and Adults: Serve the Picadillo with rice and beans.

This take on a traditional Cuban dish is rich, hearty, and full of complex flavors.

HEALTHY RECIPE MAKEOVER HOW-TO:



A nonstick skillet is used so oil can be cut by 75%. Ground beef is changed to 95% lean ground beef. Salt is reduced significantly. And, white wine is replaced with family-friendly fruit juice.

Did you know?

You can freeze leftovers of this Cuban dish in an airtight container. When ready to eat, thaw in the refrigerator, then reheat in the microwave until hot (2-3 minutes).

Nutrition Info per serving:

200 Calories, 8 g Carbohydrates, 21 g Protein, 10 g Total fat, 3 g Saturated fat, 55 mg Cholesterol, <1 g Dietary Fiber, 830 mg Sodium, 8% Vitamin A, 40% Vitamin C, 2% Calcium, 10% Iron

SAVORY SALMON CROQUETTES

Original recipe by Karen Davis (New York)

Makes 12 servings (2 croquettes)

Ingredients:

- ◆ 5 oz. (2 cups) fat-free or reduced-fat wheat crackers
- ◆ 1 small yellow onion, very finely chopped
- ◆ 2 Tbsp. chopped fresh parsley (or 1 Tbsp. dried)
- ◆ 1 tsp. chopped fresh rosemary (or ½ tsp. dried)
- ◆ ½ tsp. garlic powder
- ◆ ¼ tsp. black pepper, or to taste
- ◆ 2 (7.5 oz.) cans pink salmon, bones removed
- ◆ 2 large eggs, beaten

How to make:

Adults: Help with the prep of the ingredients, such as chopping. Preheat oven to 375 °F.

Kids: Place crackers in a medium bowl. Crumble crackers into crumbs with hands. Alternatively, mash crackers with fists in a sealed plastic bag, then add to bowl. Stir in onions, parsley, rosemary, garlic powder and pepper. Then plop in salmon with juice and beaten eggs. Mix well with large spoon.

Kids and Adults: Form the salmon mixture into approximately 24 golf ball-size croquettes. (Hint: Wet your hands first to prevent sticking.) Place on a nonstick pan. Spray each croquette with cooking spray until evenly coated. Bake for 20-25 minutes, or until golden brown.

OPTIONAL: Make a yogurt-dill dressing to serve with croquettes. Stir together 1 (6-oz.) container plain, fat-free yogurt with 1 ½ tsp. dried dill weed; serve alongside the warm croquettes, if desired.

These are perfect party pleasers. And, if you have any leftovers, freeze them for later.

HEALTHY RECIPE MAKEOVER HOW-TO:



Instead of frying these croquettes, they're just lightly sprayed with oil and baked. Reduced fat crackers are used, too.

Did you know?

Salmon is rich in Omega-3 fatty acids. That makes it good for your heart!

Nutrition Info per serving (without dressing):

120 Calories, 10 g Carbohydrates, 9 g Protein, 4.5 g Total fat, 1 g Saturated fat, 65 mg Cholesterol, <1 g Dietary Fiber, 300 mg Sodium, 2% Vitamin A, 2% Vitamin C, 8% Calcium, 4% Iron

SILLY STRING SHRIMP SCAMPI

Original recipe by Alice Garcia (New York)

Makes 6 servings (2 cups)

Ingredients:

- ◆ 2 Tbsp. olive oil
- ◆ 1 lb. cooked large shrimp, shelled & de-veined, rinsed
- ◆ 3 Tbsp. lemon juice (1 medium lemon)
- ◆ ½ tsp. garlic salt
- ◆ ½ tsp. dried parsley flakes
- ◆ 1 (16 oz.) package capellini (angel hair) or thin linguine
- ◆ 1 (26 oz.) jar your favorite tomato-based pasta sauce or marinara sauce
- ◆ 3 Tbsp. chopped fresh Italian parsley

How to make:

Adults: Heat butter and olive oil in a large non-stick skillet over medium-low heat. Add shrimp and sprinkle with lemon juice, garlic salt and parsley flakes.

Kids: Stir the shrimp mixture occasionally for 6 minutes. Remove from heat.

Adults: While shrimp is cooking, boil pasta according to package directions. Drain. Place in large serving bowl. Heat pasta sauce. Pour over pasta.

Kids: Using two big forks, toss drained pasta with sauce.

Adults: Pour shrimp mixture over the tossed pasta.

Kids: Sprinkle fresh parsley on top to garnish.

Since the shrimp are already cooked, and the pasta is super thin, this gourmet meal cooks quickly—and looks beautiful on a plate.

HEALTHY RECIPE MAKEOVER HOW-TO:



Oil is cut in half and extra flavor and color is added with fresh parsley.

Did you know?

One pound of whole, raw shrimp makes about ½ to ¾ pound cooked shrimp meat. Cooked shrimp can be refrigerated for 2-3 days or frozen for 3 months.

Nutrition Info per serving:

420 Calories, 53 g Carbohydrates, 26 g Protein, 13 g Total fat, 3.5 g Saturated fat, 160 mg Cholesterol, 4 g Dietary Fiber, 1000 mg Sodium, 15% Vitamin A, 25% Vitamin C, 6% Calcium, 30% Iron

APPETIZERS & SIDES

BETTER BANANA BREAD

Makes 12 servings (1 thick slice)

Original recipe by Juanita Thomas (Atlanta)

Ingredients:

- ◆ 4 very ripe medium-large bananas (brown spots are OK)
- ◆ 4 Tbsp. butter, room temperature
- ◆ 1 cup sugar
- ◆ 2 large eggs
- ◆ 2 cups all-purpose flour (or use 1 cup flour + $\frac{3}{4}$ cup whole wheat flour to increase fiber)
- ◆ 1 tsp. baking soda
- ◆ $\frac{1}{4}$ tsp. salt
- ◆ $\frac{1}{2}$ cup chopped walnuts (optional)

How to make:

Kids: Preheat oven to 350°F. Coat a non-stick 8- or 9-inch loaf pan with cooking spray. Mash bananas in a medium bowl (using a potato masher helps!).

Adults: In large bowl, cream butter and sugar with an electric mixer. Add mashed bananas and eggs. Beat well. In medium bowl, sift flour, baking soda and salt; add to batter, mixing just until all dry ingredients are moistened.

Kids: Stir in chopped walnuts, if using. Pour into loaf pan and bake 50-55 minutes.

Adults: Cool in pan on a cooling rack. Slice and serve. It's delicious warm or cold!

This bread is filled with potassium-rich bananas—making it a sweet treat that's actually good for your heart. Freeze leftover slices in plastic bags for a quick snack anytime.

HEALTHY RECIPE MAKEOVER HOW-TO:



The fat is halved and extra banana is added to make this bread better for you.

Nutrition Info per serving:

230 Calories, 43 g Carbohydrates, 4 g Protein, 5 g Total fat, 3 g Saturated fat, 45 mg Cholesterol, 2 g Dietary Fiber, 200 mg Sodium, 4% Vitamin A, 6% Vitamin C, 2% Calcium, 6% Iron

Did you know?

At around 70-calories per egg, healthy individuals can enjoy one whole egg per day without increasing heart disease risk. In fact, the egg yolk is the best part! It's rich in nutrients, including vitamins B12 and D, folate, lutein and zeaxanthin, which may even lower the risk of heart disease.

MEXICALI CORN BREAD

Original recipe by Linnie Ford (Los Angeles)

Makes 9 servings (1 square piece)

Ingredients:

- ◆ 1 stick unsalted margarine or butter ($\frac{1}{2}$ cup)
- ◆ 1 large egg
- ◆ 1 (4 oz.) can diced green chiles
- ◆ 1 cup canned creamed corn (about 9 oz.)
- ◆ $\frac{3}{4}$ cup 1% low-fat buttermilk
- ◆ 1 Tbsp. baking soda
- ◆ 1 cup yellow corn meal
- ◆ $\frac{3}{4}$ cup grated extra sharp cheddar cheese, split use

How to make:

Kids: Preheat the oven to 400°F.

Adults: Melt the margarine or butter. Beat the egg. Drain the chiles.

Kids: In large bowl, mix all the ingredients together with a large spoon, except for $\frac{1}{4}$ cup of the grated cheese.

Kids: Spoon cornbread batter into a cooking-spray coated, 8" x 8" nonstick or glass baking pan. Top with the remaining $\frac{1}{4}$ cup cheese.

Adults: Bake for 40-45 minutes, or until cornbread is golden and firm. Slice and serve.

This bread is filled with bold flavors. Enjoy it while warm.

HEALTHY RECIPE MAKEOVER HOW-TO:



Shortening is changed to margarine and cut in half! And $1\frac{1}{2}$ cups cheddar is replaced by $\frac{3}{4}$ cup extra sharp cheddar cheese.

Did you know?

By using a more flavorful cheese, such as extra sharp cheddar instead of mild cheddar, you can use less than a recipe calls for, but you won't lose flavor. Plus, you'll save both calories and cash!

Nutrition Info per serving:

220 Calories, 20 g Carbohydrates, 6 g Protein, 14 g Total fat, 3.5 g Saturated fat, 35 mg Cholesterol, 2 g Dietary Fiber, 600 mg Sodium, 15% Vitamin A, 20% Vitamin C, 10% Calcium, 6% Iron

MMM-MANGU (MASHED PLANTAINS)

Original recipe by Christina Medina (New York)

Makes 3 servings (1 cup)

Ingredients:

- ◆ 6 cups water
- ◆ 2 green plantains
- ◆ 1 Tbsp. butter or margarine
- ◆ ¼ tsp. salt
- ◆ 1 small or ½ large red onion, thinly sliced
- ◆ 2 Tbsp. olive or peanut oil
- ◆ 1 tsp. cider vinegar
- ◆ ⅛ tsp. salt, or to taste

How to make:

Adults: Heat the water on stovetop. Cut off ends of each plantain. Cut a slit lengthwise through inner curve of skin. Cut across into ½-inch rounds and, beginning at slit, peel off the skin. Bring water to a boil and carefully add chopped plantains. Continue to cook for 20 minutes, or until plantains are cooked through. Drain. Add cooked plantains to large bowl.

Kids: With potato masher or large fork, mash plantains with butter and salt.

Adults: Meanwhile, fry sliced onions over medium heat in oil for 12 minutes, or until caramelized. Sprinkle with vinegar and salt to taste.

Kids: Serve mashed plantains topped with caramelized onions.

The caramelized onions and vinegar give these plantains a sweet and sour kick.
This recipe easily doubles for large gatherings.

HEALTHY RECIPE MAKEOVER HOW-TO:



The butter and oil are slashed, cutting half the fat calories. This lets the natural flavor of the plantain be the highlight.

Did you know?

Plantains are also known as cooking bananas. You can use them in meals just like mashed potatoes.

Nutrition Info per serving:

270 Calories, 41 g Carbohydrates, 2 g Protein, 13 g Total fat, 4 g Saturated fat, 10 mg Cholesterol, 3 g Dietary Fiber, 350 mg Sodium, 30% Vitamin A, 40% Vitamin C, 2% Calcium, 4% Iron

PIGEON PEAS-N-RICE

Original recipe by Aida Perez (New York)

Makes 6 servings (1 cup)

Ingredients:

- ◆ 1 tsp. olive oil or vegetable oil
- ◆ 3 cups instant (10 minute) brown rice
- ◆ 1 Tbsp. sofrito
- ◆ 1 (15 fl. oz.) can tomato sauce
- ◆ 1 Tbsp. tomato paste
- ◆ 3 cups water
- ◆ 1 (15 oz.) can gandules (pigeon peas) or black-eyed peas, rinsed and drained
- ◆ ½ tsp. salt, or to taste
- ◆ 1 Tbsp. parsley flakes or 2 Tbsp. fresh-chopped parsley, to taste (optional)

How to make:

Adults: Heat oil in a pot over medium-high heat. Once hot, add the rice and sofrito, stirring until coated.

Kids: Add tomato sauce and tomato paste. Stir to combine.

Adults: Pour in water, gandules and salt. Bring to a boil. Reduce heat to low.

Kids and Adults: Simmer, covered, 5-10 minutes. Stir, and add parsley just before serving, if desired.

This makes a hearty main dish or side, and tastes great the next day.

HEALTHY RECIPE MAKEOVER HOW-TO:



Brown rice is used to boost fiber, 1 teaspoon more tomato paste is used to heighten flavor and nutrition, and 1 teaspoon less oil is used to cut the fat.

Did you know?

The “home” of gandules (pigeon peas) is debatable. Some consider them native to tropical Africa. These legumes are also called Congo beans, goongoo beans and no-eyed peas.

Nutrition Info per serving:

260 Calories, 49 g Carbohydrates, 9 g Protein, 3 g Total fat, 0 g Saturated fat, 0 mg Cholesterol, 5 g Dietary Fiber, 830 mg Sodium, 15% Vitamin A, 20% Vitamin C, 4% Calcium, 10% Iron

STICKY LICKY CHICKEN WINGS

Original recipe by Carol Dollar (Atlanta)

Makes 5 servings (2 wings)

Ingredients:

- ♦ 2 tbsp. margarine or butter
- ♦ ½ cup honey
- ♦ ½ cup light teriyaki sauce
- ♦ ½ cup yellow mustard
- ♦ 2 Tbsp. ketchup
- ♦ 1½ tsp. curry powder
- ♦ 10 chicken wings, rinsed

How to make:

Kids: Preheat oven to 350°F.

Adults: Melt margarine or butter. Combine honey, teriyaki sauce, mustard, ketchup, melted butter and curry powder in a large bowl. Coat a large roasting pan with cooking spray.

Kids: Dip each piece of chicken into the mixture until well coated. Place each coated wing in the pan, wing tips up. Pour any remaining sauce over the wings.

Adults: Bake for 45 minutes, basting occasionally. Remove from oven and transfer to a plate or platter.

Serve as an appetizer or for a fun party snack.

Yum! These wings are really finger licking good!

HEALTHY RECIPE MAKEOVER HOW-TO:



The fat is halved! Ketchup is added for more health-fighting power and flavor punch.

Did you know?

You can remove even more fat from this recipe by removing the skin of the chicken wings. If removing skin, then use 15 wings, not 10. It'll make three wings per serving instead of two!

Nutrition Info per serving:

420 Calories, 23 g Carbohydrates, 2 g Protein, 23 g Total fat, 5 g Saturated fat, 55 mg Cholesterol, 1 g Dietary Fiber, 930 mg Sodium, 10% Vitamin A, 4% Vitamin C, 4% Calcium, 10% Iron

STUFFED SPUD

Makes 2 servings (1 stuffed-potato half)

Original recipe by Minerva Quinones-Novoa (New York)

Ingredients:

- ◆ 1 large Idaho potato, skin scrubbed & rinsed
- ◆ 2 Tbsp. fat-free sour cream or plain yogurt
- ◆ ¼ tsp. salt
- ◆ ½ cup frozen broccoli florets, thawed (or leftover cooked broccoli)
- ◆ 1 oz. (3 thin slices) fat-free lunchmeat, such as ham or turkey salami, chopped
- ◆ 2 Tbsp. shredded sharp cheddar cheese

How to make:

Adults: Poke potato with a fork a few times on each side. Microwave 6-7 minutes, until soft. Once cool enough to handle, slice potato in half, lengthwise. Scoop out most of the potato filling with a spoon, leaving a ¼-inch shell.

Kids: In a bowl, mix together, in order, the potato filling, sour cream, salt, broccoli and lunchmeat. Spoon and smash the filling back into each of the potato shells. Place on a microwave-safe dish. Sprinkle cheese on top. Cook on high power for 1 minute. Enjoy!

This creamy potato is full of flavor & texture—crunchy broccoli, smoky ham and tangy cheese.

HEALTHY RECIPE MAKEOVER HOW-TO:



Additional ingredients are mixed into the stuffing to help make this spud a super well-balanced choice!

Did you know?

There are four basic types of potatoes: long white, round white, round red and russet. This recipe uses Idaho potatoes, which is a type of russet. It's named the "Idaho" potato after the state that produces most of them.

Nutrition Info per serving:

130 Calories, 20 g Carbohydrates, 6 g Protein, 2.5 g Total fat, 1.5 g Saturated fat, 15 mg Cholesterol, 2 g Dietary Fiber, 510 mg Sodium, 6% Vitamin A, 30% Vitamin C, 8% Calcium, 2% Iron

SUPER SWEET POTATOES

Original recipe by Maria A. Jackson (Atlanta)

Makes 8 servings (¾ cup)

Ingredients:

- ♦ 1 (40-oz.) + 1 (15-oz.) can sweet potatoes in light syrup (about 8 cups)
- ♦ 2 Tbsp. margarine or butter
- ♦ ¾ cup brown sugar
- ♦ ¼ cup reserved sweet potato syrup
- ♦ ¼ cup frozen orange juice concentrate, thawed
- ♦ ⅛ tsp. salt
- ♦ 1 tsp. ground cinnamon
- ♦ ⅛ tsp. ground nutmeg (optional)

How to make:

Adults: Drain the cans of sweet potatoes, reserving the liquid. Slice sweet potatoes into ½"-thick slices. Melt margarine or butter.

Kids: Preheat oven to 375°F. In a mixing bowl, combine melted margarine or butter with brown sugar, reserved sweet potato syrup, thawed concentrate and salt. Make sure to measure them all properly before adding to the bowl.

Adults: Spray a 9" x 13" baking pan with cooking spray. Place potato slices in pan. Pour the sweet mixture over potatoes.

Kids: Sprinkle potatoes with cinnamon and, if using, nutmeg. Bake for 25 minutes.

Adults: Remove from oven and scoop to serve. Tastes great as leftovers, too!

This vegetable dish pairs nicely with pork or turkey. It's loaded with beta-carotene, making it good for your body and your eyes.

HEALTHY RECIPE MAKEOVER HOW-TO:



Sweet potatoes don't need as much extra "stuff" as the recipe originally called for. The butter has been successfully cut by 75% and margarine is suggested. For sweetness, orange juice concentrate replaces some of the brown sugar.

Did you know?

You can still make orange juice out of the leftover can of orange juice concentrate. Just reduce the amount of water, depending on your taste. Another use for the concentrate: drizzle a little on fresh spinach. It's a zippy salad dressing—and full of vitamin C and folate.

Nutrition Info per serving:

330 Calories, 73 g Carbohydrates, 3 g Protein, 3.5 g Total fat, 0.5 g Saturated fat, 0 mg Cholesterol, 6 g Dietary Fiber, 150 mg Sodium, 280% Vitamin A, 60% Vitamin C, 6% Calcium, 15% Iron

HEALTHY & YUMMY SNACKS & DESSERTS

CHICKEN SKEWERS WITH MANGO SALSA

Makes 6 servings (2 skewers)

Original recipe by Christina Mercedes (New York)

Ingredients:

- ◆ 1½ lbs. boneless, skinless chicken breast meat, sliced into 12 long strips
- ◆ ¼ tsp. salt
- ◆ 1 mango, chopped (about 1 cup)
- ◆ ½ cup "mild" or "medium" salsa
- ◆ Pinch of ground cayenne red pepper
- ◆ 1 Tbsp. chopped fresh cilantro (optional)

How to make:

Kids: Soak 12 (10-inch) bamboo skewers in water for at least 30 minutes. Preheat oven to 350°F.

Adults: Skewer chicken onto the 12 skewers so that top ½ of each skewer is chicken-filled. Spray chicken with butter-flavored cooking spray. Season with salt.

Kids: Place chicken skewers onto a nonstick baking pan. Bake for 18 minutes, or until done. While chicken is roasting, toss mango and salsa in blender. Puree till smooth, or desired consistency. Chill.

Adults: Remove chicken from oven. Sprinkle with red pepper. Serve warm chicken skewers with cool salsa. Garnish with fresh cilantro, if desired.

These skewer snacks are not only fun to eat, they're fun to serve. They're terrific party snacks, too.

HEALTHY RECIPE MAKEOVER HOW-TO:



More mango is included to heighten fruit intake. Salt is lessened since there's already plenty of flavor from the salsa and mango. Oil is eliminated since chicken is now baked instead of sautéed in oil. Fresh cilantro is suggested to add eye-appeal.

Did you know?

Though you might find mangos all year long in your grocery store, they're in season from May until September. So, mangos will likely be less expensive (and perhaps more nutritious) during the summer months.

Nutrition Info per serving:

150 Calories, 6 g Carbohydrates, 23 g Protein, 2.5 g Total fat, 1 g Saturated fat, 65 mg Cholesterol, <1 g Dietary Fiber, 300 mg Sodium, 25% Vitamin A, 15% Vitamin C, 2% Calcium, 4% Iron

FOUR FRUIT PIZZA

Original recipe by Neal Wilson (Atlanta)

Makes 16 servings (1 piece)

Ingredients:

- ◆ 1 (18-oz.) roll refrigerated sugar cookie dough
- ◆ 1 (8-oz.) package reduced-fat cream cheese, room temperature
- ◆ $\frac{1}{4}$ cup sugar
- ◆ 1 qt. fresh strawberries (16-oz. container)
- ◆ 4 kiwi fruits
- ◆ 2 peaches or nectarines, with skin
- ◆ 3 large, ripe bananas
- ◆ Juice of $\frac{1}{2}$ lemon

How to make:

Kids: Preheat oven to 350°F.

Adults: Unwrap cookie dough roll and slice into $\frac{1}{4}$ " rounds. Place in a single layer on a 9"x13" cookie sheet (slightly overlap the rounds).

Kids: Evenly press the rounds together so no pan is showing. Bake for 10-12 minutes. Let cool on rack. Next, whip cream cheese and sugar with electric mixer in a medium-size bowl. Spread cream cheese mixture on top of dough.

Adults: Thinly slice strawberries, kiwi fruits, peaches or nectarines and bananas. Squeeze lemon juice over sliced bananas.

Kids: Layer on top of the cream cheese, in order, sliced bananas, strawberries, kiwi fruit and peaches or nectarines. Cover with plastic wrap. Refrigerate at least 2 hours.

Adults: Slice into 16 pieces. Eat and be happy.

This is for dessert, not dinner! It's perfect for a party.
You can easily double this recipe if you use a larger cookie sheet

HEALTHY RECIPE MAKEOVER HOW-TO:



Reduced-fat cream cheese instead of the regular-type is used here. And sugar is slightly lessened. There's fat and sugar in the cookie dough, so there's no need to add a lot more with full-fat cream cheese and excess sugar.

Did you know?

Get creative; vary the fruits. Try blueberries or canned, drained mandarin oranges for a change of taste.

Nutrition Info per serving:

240 Calories, 35 g Carbohydrates, 4 g Protein, 9 g Total fat, 3.5 g Saturated fat, 15 mg Cholesterol, 2 g Dietary Fiber, 210 mg Sodium, 6% Vitamin A, 60% Vitamin C, 6% Calcium, 4% Iron

LIGHT-N-LUSCIOUS POUND CAKE

Makes 16 servings (1 slice)

Original recipe by Linnie Ford (Los Angeles)

Ingredients:

- ◆ 2 sticks butter (1 cup)
- ◆ 1 $\frac{3}{4}$ cups sugar
- ◆ 6 large eggs
- ◆ $\frac{1}{2}$ cup unsweetened applesauce
- ◆ 1 (6 fl. oz.) can evaporated fat-free milk (or $\frac{1}{2}$ of 12-fl. oz. can)
- ◆ 1 tsp. vanilla extract
- ◆ 3 cups all-purpose, unbleached flour
- ◆ 1 cup sliced strawberries or other berries of choice (optional)

How to make:

Kids: Preheat oven to 350°F. Coat a nonstick loaf pan with cooking spray.

Adults: In a large bowl with an electric mixer, beat together butter and sugar until light and fluffy. (Note: Though not ideal, this step can be done with a whisk if no electric mixer is available.)

Kids and Adults: Beat in eggs, one at a time, applesauce, evaporated milk and vanilla.

Adults: With mixer on low speed, beat in flour gradually until just combined. Pour batter into prepared pan.

Kids and Adults: Bake in middle of oven for 45 minutes. At this point, cover with foil and bake an additional 40 minutes, or until done. Cool cake in pan on a rack 15 minutes. Then turn out onto rack to cool completely.

This cake is light and crunchy on the outside and moist and dense on the inside. The taste of fresh eggs and vanilla really shines through. Keep it healthy and fun by topping with fresh berries.

HEALTHY RECIPE MAKEOVER HOW-TO:



One-half cup of fat (an entire stick!) and $\frac{1}{4}$ cup of sugar are eliminated. Applesauce is used instead!

Did you know?

Fat in cakes and muffins can be partially replaced with applesauce to reduce calories. If a recipe calls for 1 cup butter, use $\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup applesauce instead.

Nutrition Info per serving:

310 Calories, 42 g Carbohydrates, 6 g Protein, 14 g Total fat, 8 g Saturated fat, 110 mg Cholesterol, <1 g Dietary Fiber, 160 mg Sodium, 10% Vitamin A, 0% Vitamin C, 6% Calcium, 8% Iron

MINI VEGGIE-N-TUNA WRAPPERS

Makes 6 servings (2 pieces)

Original recipe by Alice Garcia (New York)

Ingredients:

- ◆ 1 (6-oz.) can water-packed light tuna (or 5-oz. can light meat chicken)
- ◆ 2 Tbsp. light or regular mayo
- ◆ 1 medium carrot, halved, then thinly sliced vertically
- ◆ 1 small cucumber, seeds removed, thinly sliced vertically
- ◆ 1 small red or green bell pepper, thinly sliced vertically
- ◆ 1 plum tomato, seeds removed, thinly sliced vertically
- ◆ 2 cups shredded fresh spinach
- ◆ ¼ tsp salt
- ◆ ¼ tsp pepper, or to taste
- ◆ 4 burrito-size flour tortillas (try tomato basil or spinach-flavored wraps)

How to make:

Adults: Drain water from canned tuna (or chicken.) Flake into a large bowl.

Kids: Stir together all ingredients except the tortillas. Top each tortilla with the mixture, like it's pizza. Tightly roll each tortilla.

Adults: Slice each filled tortilla into 3 pieces.

Note: The thinner the vegetable slices, the better the wrappers.

Though these veggie-loaded “wrappers” can be eaten burrito-style, they’re ideal sliced for snacks. Try them with chilled, leftover roasted or grilled chicken, turkey or fish, too.

HEALTHY RECIPE MAKEOVER HOW-TO:



Sweet bell pepper replaces celery and spinach replaces lettuce to boost nutritional value and flavor. The proportion of veggies to tuna is upped, too.

Did you know?

Canned tuna is pre-cooked tuna that's packed in water or oil. It comes in three grades. The top grade is called “fancy” or “solid.” The medium grade is called “chunk.” And the lowest grade is “grated” or “flaked.” Choose whichever grade fits your budget. But, do pick the water-packed type if you're calorie conscious.

Nutrition Info per serving:

220 Calories, 31 g Carbohydrates, 12 g Protein, 5 g Total fat, 1 g Saturated fat, 10 mg Cholesterol, 3 g Dietary Fiber, 470 mg Sodium, 100% Vitamin A, 50% Vitamin C, 8% Calcium, 15% Iron

OH-SO-GOOD OATMEAL COOKIES

Original recipe by Della Tillman (Atlanta)

Makes 24 servings (2 cookies)

Ingredients:

- ◆ $\frac{3}{4}$ cup margarine or butter (1 $\frac{1}{2}$ sticks)
- ◆ 1 cup brown sugar
- ◆ 1 cup sugar
- ◆ 2 large eggs
- ◆ 1 tsp. vanilla extract
- ◆ $1\frac{1}{3}$ cups all-purpose flour
- ◆ $\frac{1}{2}$ tsp. salt
- ◆ 1 tsp. baking soda
- ◆ 3 cups quick-cooking oats
- ◆ $\frac{2}{3}$ cup sweetened, dried cranberries or raisins (optional)

How to make:

Kids and Adults: Preheat oven to 375°F. With an electric mixer, thoroughly cream margarine or butter and sugars. Add eggs and vanilla; beat well. (Note: Though not ideal, this entire step can be done with a large spoon if no electric mixer is available.)

Kids: Sift flour, salt and baking soda in a bowl. Add it plus the oats to creamed mixture.

Adults: Mix the batter with a spoon until thoroughly combined.

Kids: Stir in dried fruit, if using.

Kids and Adults: Form ping-pong-sized balls. Place on ungreased cookie sheet. Bake for 10 to 12 minutes. Cool cookies on pan for 5 minutes, then transfer to cooling rack.

These amazing cookies have fiber from oats, which helps to fill you up while being good for your heart and body. But, these delights still have fat and sugar.
Remember, just two cookies is a serving.

HEALTHY RECIPE MAKEOVER HOW-TO:



Instead of 1-cup pecans, bits of nutrition can be added with dried fruit pieces. The shortening is switched to margarine or butter and cut in half. Salt is lessened, too!

Nutrition Info per serving:

190 Calories, 29 g Carbohydrates, 3 g Protein, 7 g Total fat, 1 g Saturated fat, 20 mg Cholesterol, 1 g Dietary Fiber, 180 mg Sodium, 6% Vitamin A, 0% Vitamin C, 2% Calcium, 6% Iron

Did you know?

While a little bit of sugar is OK, too much can contribute to weight gain. The FDA estimates that every year Americans consume approximately 80 pounds of added sugar per person. So, enjoy just 2 of these cookies—to keep sugar to a minimum!

PEACHY SMOOTHIE

Makes 4 servings (1 cup)

Original recipe by Margaret L. Thompson (Atlanta)

Ingredients:

- ◆ 1 medium, very ripe banana (brown spots are OK!)
- ◆ 1 $\frac{3}{4}$ cups fat-free milk
- ◆ 2 (15.25 oz) cans drained, sliced peaches, packed in juice (about 3 cups)
- ◆ 1 Tbsp. + 1 tsp. honey, or to taste
- ◆ $\frac{1}{4}$ tsp. vanilla extract

How to make:

Kids: Peel banana. Break into 5 or 6 pieces. Dump pieces into a re-sealable plastic bag or a bowl and freeze for at least 30 minutes. (Hint: Buy bananas when they're on sale; peel, slice and freeze in small, re-sealable freezer bags for up to two weeks.)

Kids: Pour milk into liquid measuring cup. Cover; chill in freezer for up to 30 minutes.

Adults: Plug in and set up blender.

Kids: Dribble the measured, chilled milk into blender container.

Adults: Open peach can; drain into a colander over the sink. Plop peaches into milk.

Kids: Measure honey and vanilla with measuring spoons. Drizzle each into blender container. Then, toss in frozen bananas

Kids or Adults: Cover and blend the shake on low speed for 30 seconds, then high speed for 30 seconds. Pour into four glasses and gulp it up soon.

This fruity shake is refreshing for snack-time or anytime.
Filled with nutrition, it counts as a dairy-good dessert, too.

HEALTHY RECIPE MAKEOVER HOW-TO:



The original recipe used regular milk, light cream, $\frac{1}{4}$ -cup sugar and a dash of salt. This version uses fat-free milk and no salt. Sugar (honey) is reduced significantly. A frozen banana is tossed in for extra creaminess and healthfulness!

Did you know?

Honey is a form of sugar that's made by bees. There are numerous varieties of honey. Usually the darker the color is, the stronger the flavor. It's not significantly healthier for you than sugar. So don't overdo it!

Nutrition Info per serving:

170 Calories, 40 g Carbohydrates, 5 g Protein, 0 g Total fat, 0 g Saturated fat, 0 mg Cholesterol, 3 g Dietary Fiber, 65 mg Sodium, 20 % Vitamin A, 15 % Vitamin C, 15% Calcium, 4% Iron

ZAPPED APPLE CRISP

Original recipe by Mary Ross (Atlanta)

Makes 6 servings ($\frac{3}{4}$ cup or 4 oz.)

Ingredients:

- ◆ 4 apples (such as granny smith, or another firm apple) peeled, sliced $\frac{1}{4}$ -inch thick
- ◆ 2 Tbsp. lemon juice (juice of 1 lemon)
- ◆ $\frac{1}{2}$ cup uncooked old-fashioned oats
- ◆ $\frac{1}{3}$ cup brown sugar
- ◆ 3 Tbsp. all-purpose flour
- ◆ 3 Tbsp. margarine or butter
- ◆ 1 tsp. ground cinnamon
- ◆ $\frac{1}{8}$ tsp. salt

How to make:

Adults: Clean, peel and slice the apples. (Healthful hint: Eat the high-fiber peel for a snack.)

Kids: Layer the peeled, sliced apples in a 1 or 1 $\frac{1}{2}$ -quart microwave-safe casserole dish. Sprinkle with lemon juice between layers. Microwave on high power for 2 $\frac{1}{2}$ minutes, or until apples are tender-crisp. Set cooked apples aside.

Adults: In small microwave-safe bowl, combine oats, brown sugar, flour, margarine or butter, cinnamon and salt. Microwave on high power for 1 minute; stir. Microwave another 30 seconds, or until hot and bubbly.

Kids: Spread the oat mixture over the apples. Microwave on high power for 5 minutes, or until apples are tender and the topping is bubbly.

Adults: Scoop out to serve. Tastes great warm with a scoop of low-fat vanilla frozen yogurt.

You'll fall for this fall-time favorite. This microwave version is just as tasty as the longer-cooking, oven-baked kind.

HEALTHY RECIPE MAKEOVER HOW-TO:



By just slightly reducing the brown sugar, flour and margarine or butter, this recipe's apple flavors shine through—and so does its nutritional value.

Did you know?

Apple crisp also tastes great with raisins or currants—just sprinkle a few between each of the apple layers.

Nutrition Info per serving:

180 Calories, 31 g Carbohydrates, 2 g Protein, 6 g Total fat, 1 g Saturated fat, 0 mg Cholesterol, 3 g Dietary Fiber, 120 mg Sodium, 6% Vitamin A, 10% Vitamin C, 2% Calcium, 6% Iron

TOP 10 FAST, FUN, FAMILY WAYS TO 5-A-DAY

FAST FAMILY FRUIT & VEGGIE FIXES

Help everyone in your family get at least five fruits and vegetables servings every day.

1. **START** the day right; have a fruit or 100% fruit juice.
2. **ADD** strawberries, blueberries or bananas—fresh, frozen or canned—to waffles, pancakes or toast.
3. **SNACK** on veggies each day. Munch on baby carrots or carrot sticks, pepper strips, broccoli or celery.
4. **PICK** up ready-made salads from the produce shelf.
5. **PILE** spinach leaves, tomatoes, peppers, and broccoli on your pizza.
6. **MICROWAVE** veggies for dinner. Flavor with lemon juice and herbs.
7. **STIR** favorite fresh or frozen veggies into pasta, noodles, omelets or stir-fries. Leftovers work well.
8. **GRAB** an apple, orange, banana, pear or other piece of portable fruit for a snack on-the-go.
9. **JAZZ** up soups or sauces with a can of kidney beans, peas or corn.
10. **TRY** one new fruit or veggie each month.

KIDS COOKING: IT'S SNACK-TIME

Kids can make many snacks all by themselves. Plus, kids are often more apt to eat the healthy foods they prepare with their own hands.

Super Cereal Smoothie:

Pour in a blender 1-cup of your favorite cereal, 1-cup fat-free milk and a small banana. Whirl away.

Fruit-n-Cheese Picks:

Slide two grapes and a cube of part-skim mozzarella cheese on a toothpick. Go for three or four as a snack.

Crunchy Cucumber

Toppers:

With a fork, whip together drained, canned chicken or tuna with some low-fat mayo. Top several sliced cucumbers with tuna or chicken.



Shapely Sandwich:

Prepare a sandwich on whole grain bread slices. Cut into a fun shape using a cookie cutter. Eat the "reject" ends first, saving the best for last.

"Volcano" Apple:

If allowed to use a small paring knife, hollow out an apple and overfill it with cereal, snack mix or a mixture of air-popped popcorn, dried fruit pieces and nuts.

Nutty Pita Pocket:

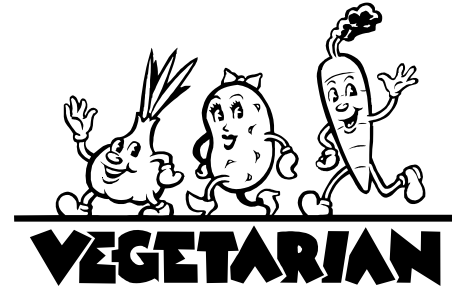
Pack a half pita with reduced fat cream cheese, a sprinkling of nuts, like walnut pieces, and raisins or other dried fruit.

Yogurt Swirl:

In a bowl, swirl together two different colored (and flavored) yogurts. Add a favorite fruit.

VEGETARIAN EATING

Vegetarian diets can be healthy because they're often lower in saturated fat and cholesterol and higher in fiber. Choosing a vegetarian diet with a low fat content can be helpful for weight loss. But vegetarians—like non-vegetarians—can also make poor choices by eating large amounts of “junk” foods.



Vegetarian diets can provide the recommended daily amount of all the key nutrients if you choose foods carefully. Plants, especially fruits and vegetables, are the main source of nutrients in vegetarian diets. Some types of vegetarian diets (like those that include eggs and dairy foods) contain animal foods, while the strict type (the vegan diet) contains no animal foods.



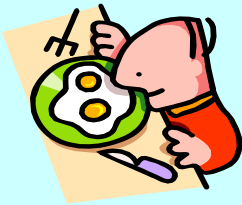
VEGETARIANS NEED TO EAT A VARIETY OF PLANT FOODS OVER THE COURSE OF A DAY TO GET ENOUGH PROTEIN.

PLANT FOODS THAT HAVE THE MOST PROTEIN ARE LENTILS, TOFU, NUTS, SEEDS, TEMPEH, MISO AND PEAS.

NUTRIENTS NORMALLY FOUND IN ANIMAL PRODUCTS THAT ARE NOT ALWAYS FOUND IN SUFFICIENT AMOUNTS IN A VEGETARIAN DIET ARE CALCIUM, VITAMIN B₁₂, VITAMIN D, IRON AND ZINC. IF YOU ARE EATING A VEGETARIAN DIET, BE SURE TO ADD FOODS THAT HAVE THESE NUTRIENTS:

- **Calcium:** dairy products, fortified soymilk, fortified orange juice, tofu (if prepared with calcium sulfate), kale and broccoli.

- **Vitamin B₁₂:** eggs, dairy products, and fortified soymilk, cereals, tempeh, and miso. (Tempeh and miso are foods made from soybeans. They're low in calories and fat and high in protein.) Many of these soyfoods are found in supermarket cases.



- **Iron:** nuts, tofu, lentils, garbanzo beans (chickpeas), enriched rice, spinach, blackstrap molasses and tomato juice.
- **Zinc:** whole grains (especially the germ and bran of the grain), eggs, dairy products, nuts, tofu, leafy vegetables (lettuce, spinach, cabbage), and root vegetables (onions, potatoes, carrots, celery, radishes).
- **Vitamin D:** fortified milk and soymilk, and fortified cereals (or some sunlight).

GO FOR WHOLE GRAINS

WHY CHOOSE WHOLE GRAINS AND WHOLE GRAIN FOODS?

Vitamins, minerals, fiber and other things in whole grain foods contribute to the health benefits of whole grains. Eating plenty of fiber-containing foods, such as whole grains (and also many fruits and vegetables) promotes proper bowel function, helps to fill you up, and more.

When choosing grains, whole grains are the best choice since they'll provide more nutrients and fiber than processed grains, such as white bread and rice.



SAMPLE INGREDIENT LIST FOR A WHOLE GRAIN FOOD

INGREDIENTS: **WHOLE WHEAT FLOUR,**
WATER, WHEAT GLUTEN, SOYBEAN
AND/ OR CANOLA OIL, HONEY,
YEAST, SALT.

TRY SOME OF THESE WHOLE GRAIN FOODS: whole wheat bread, whole grain ready-to-eat cereal, low-fat whole wheat crackers, oatmeal, whole wheat pasta, whole barley in soup, tabbouleh salad.

HOW TO INCREASE YOUR INTAKE OF WHOLE GRAIN FOODS

Choose foods that name one of the following ingredients first on the label's ingredient list.



Brown rice
Bulgur (or cracked wheat)
Graham flour
Whole wheat
Whole grain corn
Whole oats
Whole rye
Oatmeal
Popcorn
Pearl barley



(Note: To be a whole grain food, the label must list a whole grain, such as whole wheat flour, in the ingredient list.)

LACTOSE INTOLERANCE

Lactose is the sugar found in milk and foods that are made with milk. Lactose intolerance means that a person cannot digest foods with lactose in them. Lactose intolerance isn't a food allergy. People with lactose intolerance feel better when they eat less food with lactose or use products that help them digest it. The intolerance is due to a lack of lactase enzyme in the body. The small intestine needs the enzyme to break down lactose. If lactose isn't digested, it can cause gas, stomach cramps, diarrhea or swelling in your stomach.

Some illnesses can cause these same problems. Your doctor can tell you if your problems are caused by lactose intolerance.

FINDING LACTOSE IN FOOD

Look for certain words on food labels. These words mean the food has lactose in it:

butter	cheese	cream
dried milk	lactose	milk
milk solids	powdered milk	whey

FOODS MADE WITH MILK

Lactose is in milk and foods made with milk like:

ice cream	ice milk	sherbet
cream	cottage cheese	cheese

Lactose is also added to these boxed, canned, frozen and other prepared foods:

bread	cereal	lunch meats
salad dressings	frozen dinners	cake/cookie mixes

LACTOSE INTOLERANCE

You may be able to eat a small amount of some foods with lactose. For example, you may be able to eat cheese, but not drink milk. Or you may be able to eat some prepared foods. To find out, try a small amount of the food. Then see how you feel.

You can buy pills or drops at a drug or grocery store to help digest lactose. There are pills that you chew right before eating foods with lactose. These pills are called lactase enzyme caplets. Lactase enzyme drops are also available to add to milk before drinking. You can also drink special milk with less lactose in it. It's called lactose-reduced milk. Regular and flavored varieties are available. Lactose-free milk is available, too.

Drinking milk and eating foods made with milk are the most common ways to get calcium. Calcium is important for good health. If you can't eat or drink these foods, you need to get calcium in other ways:

sardines

collard greens

turnip greens

tofu

broccoli

canned salmon with bones

Also ask your doctor if you should take a daily calcium tablet.

FOOD SAFETY ADVICE: THE BASICS

WHEN YOU SHOP:

- ◆ Have raw meat, poultry and seafood placed in separate bags. Keep them at the bottom of your cart, so juices don't drip onto other foods.
- ◆ Keep cold items together in your basket.
- ◆ Pick up perishables last and go directly to the checkout.
- ◆ Make the grocery store your final errand stop.
- ◆ Once home, chill appropriate foods immediately.

Four Keys to Food Safety from the United States Department of Agriculture (USDA):

AT HOME: CLEAN

- Wash your hands often—especially after handling raw meat and eggs—and with warm soapy water for at least 20 seconds. (Sing the alphabet or 2 choruses of “Happy Birthday” instead of counting out the 20 seconds!) Replace worn cutting boards.
- Wash fresh fruits and veggies under cold water.
- Wash your hands after using the bathroom, changing a diaper or playing with pets.

SEPARATE

- Keep uncooked (raw) foods separate from foods that will be cooked and from ready to eat foods. Store raw meat, poultry, fish and shellfish in containers or well-sealed plastic bags in the refrigerator so that the juices don't drip on other foods.
- Have two cutting boards: one for ready-to-eat foods, one for raw meat, poultry and fish.

COOK

- Uncooked or undercooked animal foods are potentially unsafe. Cook animal foods to proper temperatures. Keep food out of the “danger zone”—that’s 40 to 140°F. See Food Safety Advice, Appendix A18.
 1. Hot food should be above 140°F.
 2. Cold foods should be maintained below 40°F.
 3. Leftovers need to be reheated to 165°F.

CHILL

- Refrigerate (below 40°F) or Freeze (below 0°F) promptly.
- Discard food left out at room temperature for more than 2 hours, or after 1 hour in hot weather.
- Place leftovers in shallow containers to cool in the refrigerator. Refrigerate or freeze properly-protected foods promptly. Make sure to allow cold air circulation between items.
- What to do if the power fails? **DO NOT OPEN THE DOOR.** Don’t even peek; food will stay frozen 2 days if freezer is full or 1 day if half full. If food *has* started to thaw, refreeze only items that still have ice crystals.

TIPS FOR A SAFE COOKOUT

See Appendix A19—Food Safety Advice: At Barbecues/Picnics

MENU PLANNING



COOKING HEALTHY

MEAL PLANNING FOR A HEALTHIER BODY & HEALTHIER WEIGHT

For a healthy body, eat LESS fat, LESS sodium,
FEWER calories and MORE fiber.

Eat less fat

Some fats, like saturated fats, are more likely to contribute to the risk of health problems. These fats are usually found in animal foods, such as meat, milk, cheese and butter. They're also in foods with palm and coconut oils.

Eat less sodium

Eating less sodium can help lower some people's blood pressure. Check with your doctor, clinic or health care provider to determine if lowering your sodium intake is right for you. Sodium is needed in our diets, but people eat more than they need. Avoid adding salt to foods at the table. Read food labels to help you keep dietary sodium under 2400 milligrams per day.

Eat fewer calories

When we eat more calories than we need, we gain weight. Being overweight can increase the risk for health problems such as diabetes, heart disease and cancer. When we eat fewer calories than we need, we lose weight. Combining a reduced calorie diet with increased exercise is the best way to achieve weight loss, rather than just focusing on diet.

Eat more fiber

Many Americans are only getting about half the fiber they need. Eating fiber from fruits, vegetables and grains may help lower your chances of disease. Fiber helps fill you up without calories, too. Adults should aim for at least 20 grams of fiber every day.

MEAL PLANNING FOR A HEALTHIER BODY & HEALTHIER WEIGHT: FOOD GUIDE

The food items in the left column are less healthy. The choices on the right are your best route to a healthy body and healthy weight.

Instead of...	Do this ...
Whole or 2% milk, and cream	Use 1% or fat-free (skim) milk.
Fried foods	Eat baked, steamed, boiled, broiled, or microwaved foods.
Cooking with lard, butter, palm and coconut oils, and shortenings made with these oils	Cook with corn, safflower, canola, sunflower, soybean (vegetable), olive, cottonseed, peanut or sesame oils.
Smoked, cured, salted and canned meat, poultry and fish	Eat (unsalted) fresh or frozen meat, poultry and fish.
Fatty cuts of meat, such as prime rib	Eat lean cuts of meat (i.e. round or loin) and cut off fatty parts of meat.
One whole egg in recipes	Use two egg whites.
Sour cream and mayonnaise	Replace with plain low-fat yogurt, low-fat cottage cheese, or low-fat or "light" sour cream and mayonnaise.
Sauces, butter and salt	Season vegetables, including potatoes, with herbs and spices.
Regular hard and processed cheeses	Eat low-fat, low-sodium cheeses or just a little regular, flavorful cheese.
Regular canned soups, broths and dry soup mixes	Eat sodium-reduced canned soups and broths, mainly those with veggies.
White bread, white rice, and cereals made with white flour	Eat whole wheat bread, brown rice, and whole-grain cereals.
Potato chips and other snacks	Choose baked chips or other baked snacks.

APPENDICES

A1

Dietary Guidelines for Americans

A2

Nutrition Basics: The Food Guide Pyramid

A3-4

Nutrition Basics: What Counts as One Serving

A5

Calories Count: Sample Daily Dietary Servings

A6

The Power of Protein

A7

Carbohydrates are Important

A8

Fiber

A9-10

The Skinny on Fat

A11-13

Vital Vitamins and Mineral Mania

A14

Nutrition Label Facts

A15

Substitutions for Commonly Used Foods

A16

Glossary of Cooking Terms

A17

Storing Foods in the Refrigerator and Freezer

A18

Food Safety Advice: Temperature Rules

A19-20

Food Safety Advice: At Barbecues/Picnics

APPENDIX 1: DIETARY GUIDELINES FOR AMERICANS

The *Dietary Guidelines for Americans* is a guide for a healthy diet to help you plan family meals and eat healthier for a lifetime. Check out the Guidelines below to help you on your journey to healthy eating.

Dietary Guidelines for Americans:

AIM FOR FITNESS . . .

- ♦ Aim for a healthy weight.
- ♦ Be physically active each day.

BUILD A HEALTHY BASE . . .

- ♦ Choose a variety of grains daily, especially whole grains.
- ♦ Choose a variety of fruits and vegetables daily.
- ♦ Keep food safe to eat.
- ♦ Choose low-fat dairy products.
- ♦ Choose poultry, fish and lean meats.

CHOOSE SENSIBLY . . .

- ♦ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- ♦ Choose beverages and foods that are low in sugar.
- ♦ Choose and prepare foods with less salt.
- ♦ If you drink alcoholic beverages, do so in moderation.

APPENDIX 2: NUTRITION BASICS: THE FOOD GUIDE PYRAMID

Although there are plans to change the Pyramid, it's still the tool to use now for healthy eating. The 8 Habits of Healthy Kids™ easily fit with the Pyramid, a basic outline of what to eat each day based on the U.S. Dietary Guidelines for Americans in Appendix 1.

A

Go for whole grain bread—cereals, pasta and rice steam veggies and eat the whole fruit rather than relying on juice.

B

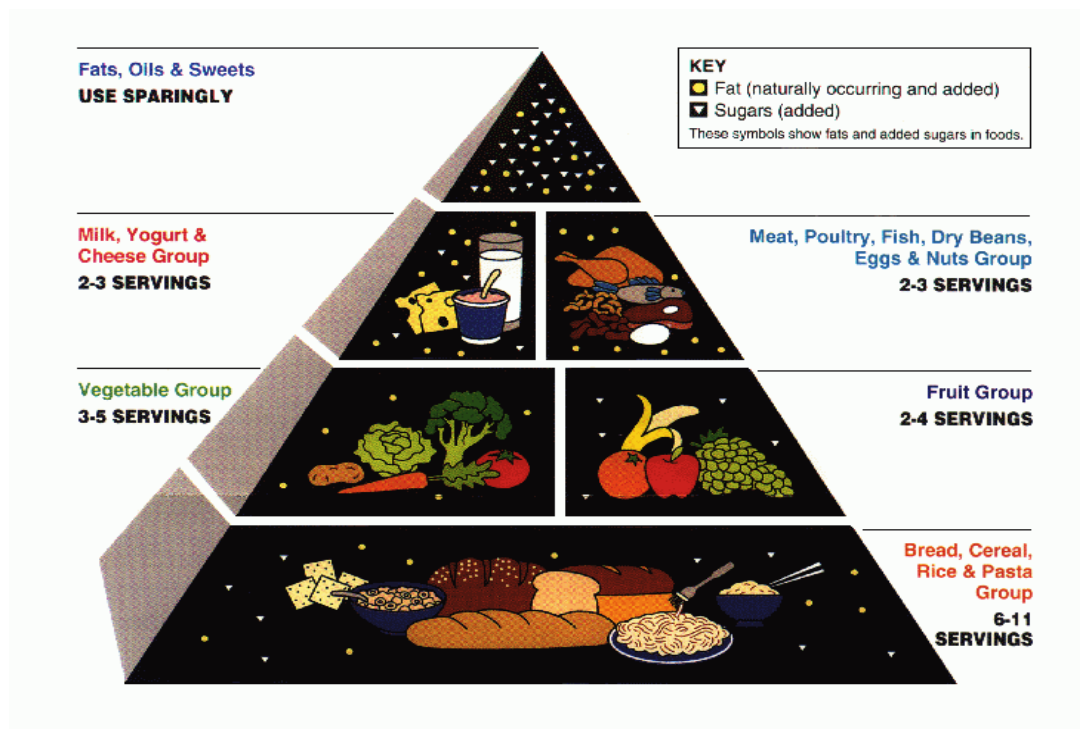
Be sure to add 2-3 servings from the milk group (if age 9-18, or over 50, you need 3 servings) and 2 - 3 servings from the meat group. Aim for low fat or lean choices like fat-free milk or chicken breast meat.

C

Use the tip-of-the-Pyramid foods --fats, oils and sweets--only occasionally. Include small amounts of these choices and select healthy oils, such as olive, soybean and canola oils.

D

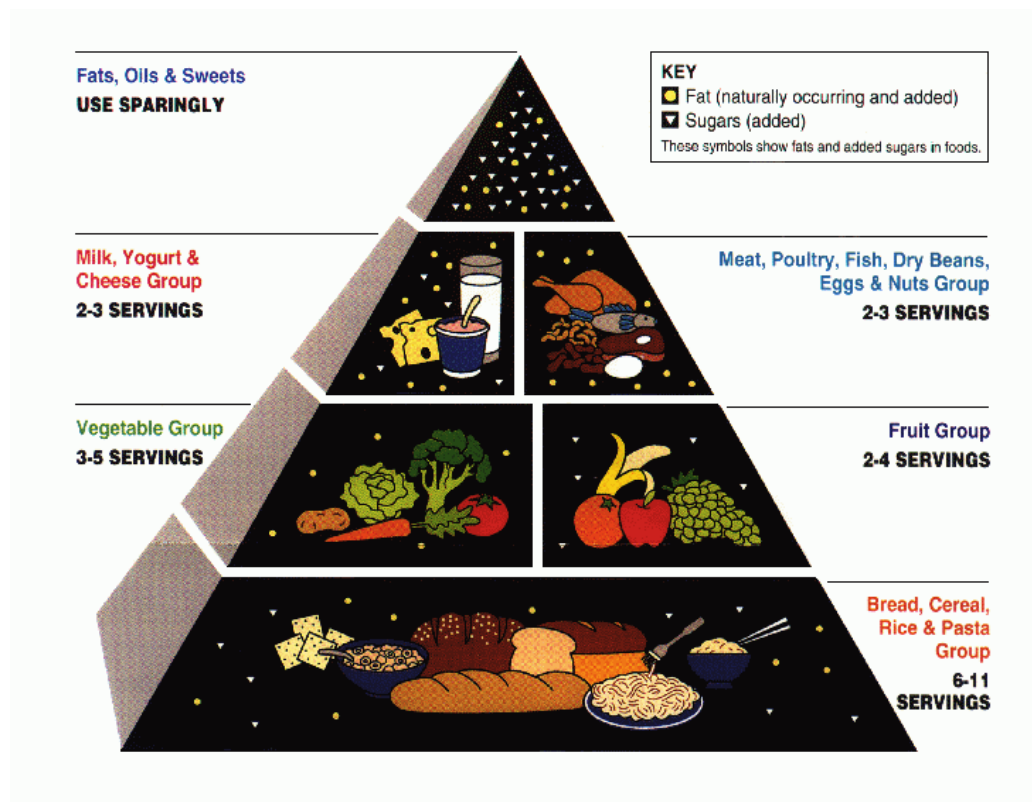
Do remember to include 2 servings each week of foods high in omega-3 fats; they're good for your heart. These foods include mackerel, sardines, albacore tuna, salmon, soybeans, walnuts and flaxseeds.



APPENDIX 3: NUTRITION BASICS: WHAT COUNTS AS ONE SERVING?

PYRAMID POINTERS

1. "Typical" portion sizes on your plate are usually much larger than Pyramid servings.
2. Choose low fat choices from each food group.
3. Within the Food Guide Pyramid groups there are more than 40 different nutrients essential to good health. These nutrients are divided into six categories:
 1. Proteins
 2. Carbohydrates
 3. Fats
 4. Vitamins
 5. Minerals
 6. Water



APPENDIX 4: NUTRITION BASICS: WHAT COUNTS AS ONE SERVING?

ONE SERVING =

Bread, Cereal, Rice & Pasta Group

- 1 slice bread = 1 ounce
- 1 ounce ready-to-eat cereal
- ½ cup cooked cereal, rice or pasta

Vegetable Group

- 1 cup raw leafy vegetables
- ½ cup other vegetables, cooked or chopped raw
- ¾ cup vegetable juice

Fruit Group

- 1 medium apple, banana, orange
- ½ cup chopped, cooked or canned fruit
- ¾ cup 100% fruit juice

Milk, Yogurt & Cheese Group

- 1 cup milk or yogurt
- 1½ ounces cheddar or other natural cheese
- 2 ounces of American or other processed cheese

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

- 2 - 3 ounces cooked lean meat, poultry or fish
- ½ cup cooked dry beans, 1 egg or 2 tablespoons of peanut butter each count as 1 ounce meat

*Note: No specific serving size is given for **Fats, Oils and Sweets**. Just use as little as possible while including small amounts of healthy fats, such as olive, soybean and canola oils.*

APPENDIX 5: CALORIES COUNT: SAMPLE DAILY DIETARY SERVINGS

This chart is a basic guide to the number of servings suggested from each of the Pyramid food groups. To determine the right calorie range for you, it's best to seek the guidance of a registered dietitian or health care provider.

SAMPLE DAILY DIETARY SERVINGS			
Calorie Level:	1,600	2,200	2,800
Bread, Cereal, Rice & Pasta Group Servings	6	9	11
Vegetable Group Servings	3	4	5
Fruit Group Servings	2	3	4
Milk, Yogurt & Cheese Group Servings*	2-3	2-3	2-3
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group (ounces)	5	6	7
Total Fat (grams)	53	73	93

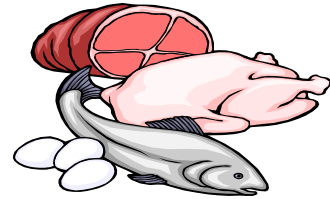
*The number of servings depends on your age. Older children and teenagers (ages 9 to 18 years) and adults over the age of 50 need 3 servings daily. Others need 2 servings daily. During pregnancy and lactation, the recommended number of milk group servings is the same as for non-pregnant women.

Source: USDA

APPENDIX 6: THE POWER OF PROTEIN

Protein provides energy. One gram of protein provides just 4 calories! (One gram is about the weight of a paper clip.) It builds and maintains muscles and organs, keeps you healthy and helps you heal. You need protein all the time. Luckily, it's easy to get enough protein in the diet.

One of the most popular protein sources is meat. When choosing it, remember the key words "loin" and "round" to assure you're choosing lean cuts.



LOWER FAT CUTS OF MEAT

BEEF	VEAL	PORK
<ul style="list-style-type: none">• Top, Bottom & Eye of Round, trimmed• Sirloin and Tenderloin, trimmed• Flank	<ul style="list-style-type: none">• Breast, trimmed• Loin chop, trimmed• Loin and Rump Roasts	<ul style="list-style-type: none">• Arm/Shoulder, trimmed• Center Loin and Loin Chop, trimmed• Tenderloin

Protein is found in many foods, including meat, chicken, fish, dry beans, nuts, dairy foods and eggs. (Note: Eggs are high in cholesterol, but nutrient-rich.)

IS SOY PROTEIN IMPORTANT TO EAT?

Soy protein is linked to lower blood cholesterol levels and may help prevent osteoporosis. Soy protein is in many forms: tofu, tempeh, miso, soy "milk," soy yogurt, veggie burgers made with texturized vegetable protein and soy flour.

APPENDIX 7: CARBOHYDRATES ARE IMPORTANT

Carbohydrates are the body's primary energy source. Also called carbs, they come in two forms: complex carbs (starches) and simple carbs (sugars.) One gram of carbohydrate provides just 4 calories.

Carbs are broken down to an energy source called glucose, which powers your body—and brain.

Your body stores some extra carbs as glycogen. It's like extra fuel. You'll use this when you exercise hard.

Complex carbs, like those in whole wheat bread, are healthy picks. But, it's okay to pick simple carbs on occasion, too. When you want something really sweet, go for fruit; it's a healthy simple carb.

Complex carbs are in bread, noodles and rice and in lots of delicious veggies. Simple carbs (sugars) are usually sweet tasting and found in cookies, candy and regular sodas. They're also found naturally in fruit and dairy. Terms used for hidden sugars include: sucrose, fructose, glucose, dextrose, manitol, sorbitol, honey, corn syrup and high fructose corn syrup.

APPENDIX 8: FIBER

WHERE DOES FIBER FIT INTO THE PICTURE?

Fiber is one unique type of complex carbohydrate! It provides no calories since your body can't digest it. There are two main types: soluble and insoluble. Both are beneficial.

Soluble fiber plays an important role in heart health and reducing risk for diabetes (type 2) and obesity. **Insoluble fiber** plays an important role in the digestive system. Both types may help fight cancer, including colon and breast cancer. Fiber is found only in plant-based foods, not in meat or dairy.

High fiber foods include fruits (enjoy edible skins and seeds, when possible), vegetables, whole grains and whole grain foods (like oatmeal, whole wheat bread and brown rice) and beans (like kidney, black and garbanzo).

Read labels and aim for approximately **25-30** grams of fiber per day. Kids need less than adults. Aim for "**age + 5**" grams fiber per day. (So, a 10-year-old will need at least 15 grams of fiber every day; $10 + 5$).

APPENDIX 9: THE SKINNY ON FAT

Fat is the body's major form of stored energy. One gram of fat provides 9 calories. That's more than twice as many as carbohydrate or protein.

There are two main types of fat: *saturated* and *unsaturated*. When you eat fat, you'll get both of them. All fat provides the same calories, but unsaturated fat (which includes *polyunsaturated* fat and *mono-unsaturated* fat) is best for health.

Polyunsaturated fat includes omega-3 fat; you'll find it in fish and soy foods. Omega-3's are healthy, so enjoy two or more good omega-3 sources each week.

Monounsaturated fat is in olives, avocados and peanuts. Both of these fats are healthy.

Fat has important functions.

It insulates the body from the cold and provides some cushioning for organs; carries fat-soluble vitamins needed for growth; helps keep your hair and skin healthy; adds texture to food and makes it tastes good.

If you eat too much fat, it can easily lead to weight gain. Enjoy a low fat diet, but not a fat free one. A healthy goal is to eat no more than 30 percent of your daily calories from fat, and less than 10 percent from saturated fat. Use the food label to help you choose lower fat foods.

APPENDIX 10: THE SKINNY ON FAT

Saturated fat comes from animal foods (like high-fat meat, dairy and chicken skin), tropical oils (like coconut and palm) and lard. Unsaturated fat mainly comes from plants and fish. High sources include olive, vegetable and canola oils.

Is cholesterol a type of fat?

Cholesterol is a wax-like substance. It isn't fat and doesn't provide calories. Your liver makes it. It then attaches to transporting proteins called lipoproteins, then moves throughout the body in the blood. Cholesterol is needed for the formation of cell membranes, some hormones and vitamin D. Your body makes all the cholesterol you need, so you don't need to get any through your diet. For heart health, it's important to keep your intake of dietary cholesterol low: **less than 300 mg a day.**

Where do you find dietary cholesterol? It's ONLY in animal products, such as shrimp, egg yolks, liver, red meat and chicken.



What are trans fats?

Trans fat (also known as *trans* fatty acids) is a specific type of fat formed when food manufacturers turn liquid oils into solid fats like shortening and hard margarine. They're found in foods made with hydrogenated or partially hydrogenated vegetable oils, including some crackers, cookies and chips. Eat less of these foods. Also, a small amount of *trans* fat is found naturally, in some animal-based foods. Trans fat can contribute to the risk of obesity and overweight. By January 2006 food labels are required to list trans fat amounts.

APPENDIX 11: VITAL VITAMINS & MINERAL MANIA

Facts about Vitamins:

- Vitamins are needed for life.
- Only small amounts of vitamins are needed in the diet.
- If you get too much or too little of them, it can cause some problems. A minor side effect could be a headache. A severe and rare side effect could be death.
- In the US, severe vitamin deficiencies are unlikely.
- To get the right amount of vitamins, eat a variety of foods from each food group.
- Researchers are finding that some vitamins may prevent disease, as well as enhance brain and body power.
- Your physician may prescribe a vitamin supplement for specific health reasons.



These are the vitamins that you need in your diet and can get from eating a variety of foods each day:

Biotin, Folic Acid, Niacin, Pantothenic Acid, Riboflavin, Thiamin, Vitamin A (includes beta-carotene), Vitamin B-6, Vitamin B-12, Vitamin C, Vitamin D, Vitamin E and Vitamin K.

When do you need a vitamin-mineral supplement?

A supplement is in fact just a supplement for good nutrition; it's not a replacement. It can help you meet basic vitamin-mineral needs. But, it's always best to focus on food first. Check with a physician or dietitian before self-prescribing any vitamin-mineral supplement for you or your family.

APPENDIX 12: VITAL VITAMINS & MINERAL MANIA

Facts about Minerals:

- Minerals are needed for life.
- Our body cannot make minerals; they're actually elements from the Earth.
- In the diet, minerals come from plant food or indirectly from animals.
- Minerals support hundreds of important body functions such as maintaining bones and teeth and other body processes. Only small amounts of minerals are needed in the diet. If you get too much or too little of these, it can cause a variety of problems ranging from minor side-effects, like headaches, to the most severe and rarest of side-effects: death. In America, severe deficiencies are unlikely.
- Eat a variety of foods from each food group to get the right amount of minerals daily.
- These are the minerals that you need in your diet:
Calcium, Chromium, Copper, Fluoride, Iodine, Iron, Magnesium, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Sodium and Zinc.

APPENDIX 13: VITAL VITAMINS & MINERAL MANIA

Facts about Sodium:

- Sodium is a mineral. It's part of salt.
- Salt is a mixture of sodium and chloride.
- One teaspoon of salt provides about 2300 mg sodium.
- The maximum amount of sodium recommended in a day: **2400 mg** (That means that you can have one teaspoon of salt a day).
- Sodium is naturally found in foods and it's added during processing.
- Too much sodium may be problematic for some people with high blood pressure.



What foods can be high in sodium?	What foods are typically low in sodium?	What are alternatives to salt?
Canned foods, crackers, frozen dinners, soy sauce, pickles, cheeses, hot dogs, cold cuts and many condiments.	Fruits, vegetables and whole grains, like brown rice and oats.	To get flavor without adding salt, try citrus or other fruit juices, vinegars, herbs, spices, ginger, garlic, lemongrass or scallions.

APPENDIX 14: NUTRITION LABEL FACTS

There's some valuable information on each label, but it might be confusing. So, here's a review to help you to better understand the label.

Start Here		Sample Label for Macaroni and Cheese	
		Nutrition Facts Serving Size 1 cup (228g) Servings Per Container 2	
		Amount Per Serving Calories 250 Calories from Fat 110	
		% Daily Value*	
Limit these Nutrients	Total Fat 12g		18%
	Saturated Fat 3g		15%
	Trans Fat 1.5g		
	Cholesterol 30mg		10%
	Sodium 470mg		20%
Get Enough of these Nutrients	Total Carbohydrate 31g		10%
	Dietary Fiber 0g		0%
	Sugars 5g		
	Protein 5g		
	Vitamin A		4%
		Vitamin C	2%
		Calcium	20%
		Iron	4%
		<small>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:</small>	
Footnote		Calories:	2,000 2,500
	Total Fat	Less than	65g 80g
	Sat Fat	Less than	20g 25g
	Cholesterol	Less than	300mg 300mg
	Sodium	Less than	2,400mg 2,400mg
	Total Carbohydrate		300g 375g
	Dietary Fiber		25g 30g

Quick Guide to % DV

5% or less
is low
20% or more
is high

Read the food label

The food label can help you eat less fat and sodium, fewer calories and more fiber.

- Look for certain words on food labels. The words can help you spot foods that may help reduce your chances of getting heart disease. The government has set rules on how these words can be used. So, if the label says "low-fat," the food must be low in fat.
- Look at the **% Daily Value** listed next to each term. If it is 5% or less for fat, saturated fat, cholesterol and sodium, the food is low in these nutrients. It means the food fits in with a diet that may help reduce your chances of getting heart disease. Avoid foods that have >20% Daily Value for saturated fat, cholesterol or sodium.

APPENDIX 15:

SUBSTITUTIONS FOR COMMONLY USED FOODS

Occasionally you may not have an ingredient called for in a recipe. Use this substitution list to help you determine an equivalent substitute.

INGREDIENT	QUANTITY	SUBSTITUTE
Broth, Beef	1 cup	1 cup reduced-sodium or sodium-free beef broth
Broth, Chicken	1 cup	1 cup reduced-sodium or sodium-free chicken broth
Butter	1 tablespoon	1 tablespoon vegetable, canola or olive oil
Chocolate	1 ounce square	3 tablespoons cocoa + 1 tablespoon vegetable or canola oil
Chocolate, Semi-Sweet	3 ounces	1/3 cup unsweetened cocoa + 2 tablespoons sugar + 2 tablespoons vegetable or canola oil
Cornstarch	1 tablespoon	2 tablespoons flour or 1 tablespoon arrowroot
Flour, Cake	1 cup	1 cup all-purpose flour minus 2 tablespoons
Flour Self Rising	1 cup	1 cup all-purpose flour + 1½ teaspoons baking powder + 1/8 teaspoon salt
Garlic Clove	1 medium	1/8 teaspoon garlic powder
Herbs, Fresh	1 tablespoon	1 teaspoon dried herbs
Milk (Sour) or Buttermilk	1 cup	1 cup low-fat or fat-free yogurt
Milk, Sweetened Condensed	1 cup	1 cup low fat or fat-free sweetened condensed milk
Milk, Whole	1 cup	1 cup low-fat or fat-free milk
Mustard Prepared	1 tablespoon	1 teaspoon dry mustard + 1 tablespoon vinegar
Onion	1 medium	1 tablespoon instant minced onion
Parsley, Fresh Chopped	3 tablespoons	1 teaspoon dried parsley flakes
Powder, Baking	1 teaspoon	¼ teaspoon baking soda + ½ teaspoon cream of tartar
Tomato Sauce	1 cup	3/8 cup tomato paste + ½ cup water

APPENDIX 16: GLOSSARY OF COOKING TERMS

Cream	Combining one or more foods until soft and fluffy.
Dice	Cutting food into cubes.
Fold	Combining ingredients by cutting vertically through the mixture, and turning over and over by sliding a spatula across the bottom of the mixing bowl with each turn.
Garnish	Decorating a dish with an attractive food, such as parsley.
Grate	Turning solid food into particles by rubbing it against a common kitchen grater. Foods also may be grated in rotating graters, food mills and food processors.
Mince	Cutting or chopping food into very small pieces for use in cooking.
Pare	Cutting off the outside peel
Peel	Stripping off the outside covering of food, as with fruits or veggies.
Pinch	A very small amount, usually less than 1/8 teaspoon.
Poach	Cooking in a hot liquid; the original shape of the food is retained after the cooking.
Puree	Blending in a blender or food processor until food is very smooth.
Roast	Cooking food uncovered, using dry heat.
Sauté	Cooking in a small amount of fat.
Sift	Removing lumps in dry ingredients by passing through a strainer or mesh sifter.
Simmer	Cooking in a liquid in which bubbles form slowly, but doesn't boil.
Steam	Applying steam directly to the food, as with a double boiler.

APPENDIX 17:

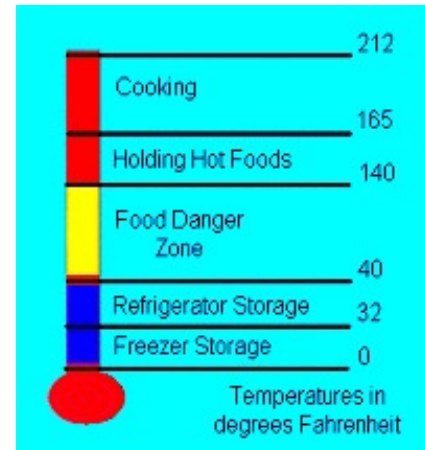
STORING FOODS IN THE REFRIGERATOR AND FREEZER

Chilling foods helps maintain quality and safety, but not forever. Here's the amount of time food can safely stay in your refrigerator.

Product	Refrigerated	Frozen
Dairy Products		
Butter	1-3 months (margarine=4-5 months)	6-9 months (margarine=12 months)
Cheese, soft (Brie, Bel Paese)	1 week	6 months
Cottage Cheese, ricotta	1 week	Does not freeze well
Cream Cheese	2 weeks	Does not freeze well
Eggs, in shell	3-5 weeks	Does not freeze
Eggs, Hard-cooked	1 week	Does not freeze well
Milk	7 days	3 months
Sour Cream	7-21 days	Does not freeze well
Yogurt	7-14 days	1-2 months
Fish and Shellfish		
Lean Fish (cod, flounder, sole, etc.)	1-2 days	6 months
Shrimp, Scallops (shucked)	1-2 days	3-6 months
Meat, Fresh		
Beef, Lamb, Pork or Veal	3-5 days	4-12 months
Ground Meat	1-2 days	3-4 months
Meat, Smoked or Processed		
Bacon	1 week	1 month
Hot Dogs	2 weeks (sealed); 1 week (opened)	1-2 months
Lunch Meats	2 weeks (sealed); 3-5 days (opened)	1-2 months
Poultry		
Chicken or Turkey parts (fresh)	1-2 days	9 months
Chicken Nuggets, Patties (cooked)	1-2 days	1-3 months
Rotisserie Chicken (cooked)	3-4 days	4 months

APPENDIX 18: FOOD SAFETY ADVICE: TEMPERATURE RULES

Most people think they know when food is "done" just by "eyeballing it." But cooking by color is definitely misleading. Think about this... 1 out of every 4 hamburgers turns brown in the middle BEFORE it has reached a safe internal temperature, according to recent USDA research. So, use a food thermometer to keep your family safe.



Food	°F
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160
Turkey, Chicken	165
Fresh Beef, Veal, Lamb	
Medium Rare	145
Medium	160
Well Done	170
Poultry	
Chicken & Turkey, whole	180
Poultry breasts, roast	170
Poultry thighs, wings	180
Duck & Goose	180
Stuffing (cooked alone or in bird)	165
Fresh Pork	
Medium	160
Well Done	170
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160
Leftovers & Casseroles	
	165

**It's Safe to Bite
When the
Temperature is Right**

Using a food thermometer is the only sure way of knowing if your food has reached a high enough temperature to destroy bacteria. So, reach for your food thermometer the next time you're asked, "Is it done yet?"

APPENDIX 19: FOOD SAFETY ADVICE: AT BARBECUES/PICNICS

Warm weather provides more opportunities for us to cook outside—and for bacteria to multiply and cause food poisoning. Follow these basic guidelines for a safe and healthy barbecue or picnic.



- **Thaw** frozen meats safely in the refrigerator.
- **Avoid** contact between raw meats and other foods that don't require any additional cooking.
- **Keep** macaroni, potato, chicken and other cold salads cold at all times.
- **Marinate** food in the refrigerator, not on the counter. Avoid reusing the marinade on raw meat, poultry or fish.
- **Pack** beverages in one cooler and perishables in another. Opening and closing the cooler permits warmer air to increase food temperatures.
- **Keep** foods cold during transport to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40°F. Transfer foods directly from the refrigerator into the cooler.
- **Discard** any food left out more than 2 hours (1 hour in hot weather.)
- **Store** coolers with meat and poultry in the coolest area of the vehicle when possible.

APPENDIX 20: FOOD SAFETY ADVICE: AT BARBECUES/PICNICS

- **Remove** from the refrigerator or cooler only the amount of food that will fit on the grill to be cooked. Uncooked food may spoil if it sits on a table or next to the grill too long.
- **Use** separate, clean plates and utensils for raw and cooked meat and poultry. Remember this phrase: “No re-use after raw.”
- **Pack** plenty of clean, soapy cloths or wet towelettes for cleaning surfaces and hands.
- **Use** a thermometer when cooking meats and poultry; these foods tend to brown very fast on the outside. Also, juices should run clear for poultry. Cooking rare hamburgers is not recommended; beef needs to be at least “medium” doneness. After cooking, meat and poultry need to be kept hot until served.
- **Practice** good safety rules around grills or barbecue ovens.



ABOUT... PREVENTIVE MEDICINE INSTITUTE STRANG CANCER PREVENTION CENTER

Preventive Medicine Institute/Strang Cancer Prevention Center, founded in 1933, is the oldest cancer prevention institute in the country. A not-for-profit 501 (c)(3) organization dedicated to research prevent cancer and promote cure through early detection; Strang scientists are responsible for two widely used cancer prevention and early detection screening tests — the Pap test for cervical cancer and the sigmoidoscopy for colon cancer. Strang is especially committed to the prevention of cancer through educational efforts directed at the risk factors for disease such as obesity and physical inactivity. Since 1990, Strang has been affiliated with the New York Presbyterian Hospital and the Weill Medical College of Cornell University. For more information about Strang, please visit their website at www.strang.org

ABOUT... METLIFE FOUNDATION

MetLife Foundation, established in 1976 by MetLife, supports health, education, civic and cultural programs throughout the United States. For more information about the Foundation, please visit their website at www.metlife.org

Preventive Medicine Institute



MetLife Foundation

CHILD HEALTH INITIATIVE ADVISORY BOARD

CHAIRPERSON

Matilda Raffa Cuomo
Mentoring USA

BOARD MEMBERS

Dorothy Adams
Capital Value

Jan Atwell
United Parents Association

Gloria Cahill
New York University

Angelica Cantlon
Metropolitan Life Insurance Company

Bruce Charash, MD
Lenox Hill Hospital

Alwyn Cohall, MD
Mailman School of Public Health
Columbia University

Anna Maria Cugliari
Sesameworkshop

Thom Gatewood
Blue Atlas Productions
Former Member of NY Giants

Leslie Goldman
New York Academy of Medicine

Freddi Greenberg
Nick Jr. Magazine

Keith Hernandez
Sportscaster
Former Member of NY Mets

Helen Winter Marx
Strang Cancer Prevention Center

Michael Osborne, MD
Strang Cancer Prevention Center

Clarence Pearson
World Health Organization at the
United Nations

Judith Pickins
Boys and Girls Clubs of America

Paula Veale
The Advertising Council, Inc.

Randi Weingarten
United Federation of Teachers

Diane Whitty
UNICEF (United States Fund)

SPECIAL ADVISORS

Woodie Kessel, MD
Assistant Surgeon General of the U.S.

Howell Wechsler, EdD, MPH
Centers for Disease Control and Prevention

Terry Marx, MD, MPH
New York City Department of Education

CHILD HEALTH INITIATIVE DIRECTOR

BJ Carter, MS
Strang Cancer Prevention Center

NOTES

NOTES

Healthy Children Healthy Futures

428 East 72nd Street, Suite 600
New York, NY 10021

Phone: 212-794-4900 x 194

Fax: 212-794-4958

Website: www.healthychildrenhealthyfutures.org

Preventive Medicine Institute



MetLife Foundation